The 7 Spiritual Steps To Solving Any Problem

by
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One
The Miracle Self
The Giving Self
Spiritual Healing of The Mind and Body
The Way of Awakening
Satisfied With God Alone

Pocket Books
The Impersonal Self
The Seven Spiritual Steps To Solving Any Problem
Opening The Windows of Heaven
Only God Is
The Fully Manifest Presence
That Which You Seek

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AUTHOR'S NOTE

This little book, although only 64 pages, is vast in truth. *7 Spiritual Steps* is a succinct yet complete Way of truth for the devoted spiritual student, the "straight and narrow path" of harmony, health, peace, abundance and fulfillment of purpose.

Take in its message slowly, deliberately, with "ears to hear". Relish and protect it as you would the greatest treasure.

Indeed, each page is laden with the treasures of truth, the Way, and the miracle witnessed in everyday life as you truly "live and move and have your being in God".

PAUL F. GORMAN
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proven to withstand the presence of God consciousness – the consciousness of oneness. All of humanity's problems – illness, disease, injury, lack, limitation, hate, unhappiness, loneliness, poverty, starvation, injustice, immorality, insecurity, disagreement, war or natural disaster – are made impotent and become healed when the presence of spiritual consciousness is brought to the scene. "Where the presence of the Lord (illumined consciousness) is, there is liberty."

If you faithfully, with true dedication and devotion to truth and daily practice, study this book and start living – being – the consciousness of the *7 Spiritual Steps*, you will behold any and every problem resolved (healed) and harmonized, and in its place emerge – sometimes spontaneously, sometimes within a few hours, days or weeks (the "time" matters not) – a new and truthful person, body, place and condition. Indeed, the "image and likeness" of truth, harmony and peace amongst all emerges as the new reality.

In this way, and as the most practical of experiences, you discover the greatest of all secrets, the sacred truth taught and demonstrated by every spiritual master and prophet throughout the ages: God truly is individual being ("I am that I am") and heaven truly is earth ("As in heaven so on earth").

STEP ONE

Consciousness

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God is Consciousness and because God is all, consciousness is all; because consciousness is all, you are that. You are all and all is you. The entire universe of you is actually and literally the one consciousness individually existing as, *being*, the you you are – "your" consciousness. Consciousness is the "I" of you, the entirety, the infinity, the omnipresence of existence being the fullness of Itself as the fullness of individual you. "I and the Father [God] are one."

God is one, indivisible, inseparable, omnipresent and unconditional, the whole unconditionally, fully and tangibly existent at and as every point of Itself at the same time. God is consciousness, and consciousness is one, indivisible, inseparable, omnipresent, the whole unconditionally existing as everything everywhere. All is one, consciousness, the *whole* fully and indivisibly being your individual being, the consciousness you are and have, your universe and everything in it and of it.

The whole of God *is*, unconditionally, and is fully embodied and tangible in and as your consciousness, the infinity of you, your entire experience from the deepest atom and cell in your body to the farthest star. Never is even a grain or second of your experience "not" God. All is God, period. The whole of God, therefore the whole of infinity, is "within" – just as the whole of the movie is "within" the reel of film running through the projector, not "out there" on the screen.

In truth, there is quite literally no "out there", there is only consciousness, which is perhaps most easily described as being "within" – not a physical "within" but "in" or "as" *pure consciousness.* The Master taught us of oneness: "Make the inner the outer, and make the outer the inner." Make all sensed "place" omnipresent one and one*ness.* Realize that you are not a personal being "in" a world "out there" separate and apart from you but that all of you, all of your consciousness, all of your experience, your universe and every detail and grain of it, is "connected". More than connected, it *is omnipresent one* or *oneness Itself – consciousness Itself* – one you *being one experience.*

Therefore, experience – good or bad – does not exist "out there" where it appears to exist. There is no "out there", there is only "in and as" consciousness. So you can see that a problem does not exist *where* it appears to be – "out there" somewhere, even "out there" in the body: nor is it *what* it appears to be – "physical-appearing" ill health, disease, accident, lack, limitation, insecurity, immorality, loneliness, poverty, danger. All is consciousness – *all.* The problem is a matter of consciousness, not anything else or anywhere else because there is none else but consciousness.

Let us first realize that a problem is not unyielding "out there" but "in here", in and as individual consciousness. Never blame a person, condition, time or place for any problem – who or that which appears to *be*, or appears to be *happening* "out there" – nor blame "collective consciousness". Any and every problem is a "problem" of false belief alone, false belief unwittingly and unknowingly (until we know truth) stuck in individual consciousness. Therefore *there alone* – in and as individual consciousness – is where the work is done and the harmony witnessed. Once consciousness is harmonized the outer appearing problem harmonizes because consciousness and experience are one.

Knowing this, the first thing to do is turn away from where and what the problem appears to be, to within, to consciousness, your very own consciousness, in the realization that "your" consciousness is the one consciousness: the one "place" of being, omnipresent life, body, relationship, place and condition that is God, Spirit, Truth, where no disease, discord, insufficiency or limitation exists, where only God Itself is, therefore only life, love, harmony, peace and plenty is – truth is – and is fully *existent.*

Make sure you understand: a problem (any and every problem, no matter what its deemed category or state of seriousness) is never what it seems to be. It is a problem of false *belief* alone, false *sense* alone, happening in and as the individual consciousness of the one experiencing it. For this reason the work of witnessing truth as real where untruth appears to be real *is a work of and in and as individual consciousness alone.*

Turn now to consciousness alone. Let go of the idea of material activity solving material problem. Indulge not even a material thought about the problem or its seeming material solution. Leave it alone for the false belief it is and turn *here* to consciousness alone.

You are now in the realm of God, of fully manifest truth, infinity and omnipresence. Here become rested, relaxed and gently receptive to the deep peace and all-pervasive truth of consciousness Itself.

God Is, Consciousness Is, Spirit Is.

Spirit is, and fills, and is being all that I am. Spirit is, and fills, all space within and as me, my world, my universe.

Peace Is. . . Peace is, and fills, and is being all that I am. Peace is, and fills, all space within and as

STEP TWO

The Only Visible Presence is God

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Because all is God (all is consciousness) everything in consciousness – everything everywhere observed and experienced, without exception, no matter what its name or type, no matter if it is so-called animate or inanimate – is God.

The only visible presence is God. The only presence, period, is God. The only consciousness is God.

Presence, no matter what type of presence belief judges and describes it to be, is one hundred percent God Itself because there is none else. "I am the Lord, and besides me there is none else." I, God, Consciousness am the infinite omnipresence; therefore besides omnipresent infinity there is none else.

Think. That which is the infinitude Itself leaves no room, no space, no possibility for anything other than infinity to exist. Hence, "besides me (infinity) there is none else."

With truthful awareness of God being all – infinity and omnipresence being all, therefore logically all that *possibly can be* experienced – realize: *the only thing that can ever present itself to you is God.* The only existence is God, consciousness, infinity, omnipresence, therefore the only thing that can ever present itself to you is God, consciousness, infinity, omnipresence. Even to finite, "human" intelligence that makes logical sense. That which is the *only*, the *all*, is the only possible observable thing, the only possible experience because nothing but the *only*, the *all*, exists.

The only him, her or it, the only condition, amount, activity, the only anything and everything everywhere you observe or experience despite its appearance is *in fact* God, spirit, truth. The Master tells us this: "If you see me, you see the father who sent me [who is the very presence I am]." He also tells us, "Do not judge by the appearance, but judge righteous judgment." The "righteous judgment" is the recognition and acceptance that all, all, *all* is God, spirit, truth and none else.

Why then do we seem to experience everything *but* God? Why do we experience life as corporeal when God is incorporeal, finiteness when God is infinite? Why when God is *omni*presence do we experience *objectivity* and *local* presence? Why when God is "spirit and truth" is our body flesh, bones, blood, function and organ? Why do our human mind, body and world consist of both good *and* bad qualities and characteristics when God is *all*, God is *one*, God is *infinite* and *omnipresent*, and God is *good alone?* Why are we and our world subject to the "dark" experiences of ill health, disease, injury, infirmity, lack, limitation, insecurity, immorality, injustice, greed, atrocity and disaster when "God is light, and in him is no darkness at all"?

The answer is *sense.* We are having a *corporeal sense* of That which is one hundred percent *incorporeal.* The corporeal sense in and of its own self is not an entity. Even though it is false sense it is not false *entity.* It appears to be but it is nothing – just sense. Sense alone is innocent and impotent. Let's never believe sense to be false *entity* but certainly let us understand it as nothingness, impotent, unreal, imaginary, assumption, conjecture, speculation. Sense, because it is just sense and not reality, does not have power. Therefore it has no power of existence, no power to change reality, to change that which Is: God, spirit, truth.

I could sense that your blue shirt is gray and I could really believe it. But that sense doesn't have the power to change the blue to gray. The blue remains blue even while I sense it to be gray. I could sense it will rain this afternoon and I could really believe that sense. But the sense doesn't change a clear blue sky to cloud and rain. The clear blue sky remains clear and blue even while I sense cloud and rain.

We sense the incorporeal, the *only*, the *one* reality and truth, to be corporeal, but that sense does not change the incorporeal to corporeal. Sense does not and never can, not for a second, change truth, spirit, the incorporeal – the nature, quality, characteristic and presence that is God and God alone, spirit and spiritual alone.

Indeed, sense is nothing but sense with not an iota of power or reality to it whatsoever. This is why the Master told us, "Judge not by the appearance [the sensed appearance], but judge righteous judgment [judge, know, realize that all is in fact, in truth, in reality – *despite the way in which it appears* – incorporeal: God, spirit, truth and none else]."

What I sense is not truth. Only truth Itself is truth. Therefore, I rest, released and detached from all sense, in the very presence of God which my consciousness is.

Everything of me – everything everywhere, every aspect and condition of my entire being and experience – is not what sense has it appear to be.

I know this now. I know the wondrous truth that all is God, Spirit, Truth despite appearance.

I continually rest in the guidance of Jesus: "Judge not by the appearance, but judge righteous judgment."

From morning to night and night to morning I keep my mind filled with God, Spirit as being all.

STEP THREE

God Is

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One of the common reasons a problem does not yield is the student's indoctrinated belief that God and experience are separate or different from each other.

The individual who hasn't yet awakened to the truth of oneness, omnipresence, believes spirit and matter to be different states or places or conditions or forms. It is believed that spirit, which is the truth and completeness of life, love harmony and peace, must by some "spiritual or miraculous act of consciousness" turn Itself into "demonstrated material" good; that the infinite must make its qualities tangible to the finite, that omnipresence must bring Its harmony and completeness to local presence, that the incorporeal inclusive of all Its qualities must be witnessed corporeally, objectively, personally. This is false idea that can never evidence truthful experience.

Let us understand: only God Is. God is unconditionally the omnipresent whole of Itself. None else but God exists and because God is omnipresence Itself, there exists none but omnipresence *as* each and every point of infinity simultaneously. Not a grain or breath of infinity, wherever you were to travel throughout Its boundless vastness, is lacking, incomplete, or being something "other than" the unconditional completeness and fullness of Itself alone. To entertain any "other" idea is not only false but nonsensical when we know that only God Is and God *is* the infinitude Itself consisting of "none else". Indeed, oneness cannot consist of Itself alone "and" something "else". If there were something "else", one never would have been one, but two. But truth tells us: only One Is, that One being God, Spirit, unconditionally the whole of Itself as every point or place of Itself.

Now think. If omnipresence *is*, which it is, and occupies each and every point of infinity at the same time, which it does, what is the only possible experience? What is the only possible being, body, thing, place or condition you can observe? God! Spirit! Omnipresence! You and your world – inclusive of absolutely everything everywhere of it and in it – are not somehow "outside of" infinity or "different from" infinity. Being "outside" of infinity is impossible. Being "different" from infinity – the absolute *all* and absolute *only* – is equally impossible. You, all, must be and *are* That.

Don't for this moment be concerned about appearance, why appearance appears to be objectified, local, of different matter or body, of its own power or nature or character (we'll understand appearance a little later). For this moment, simply acknowledge the one truth: if God which is spirit, truth, omnipresence is infinite (is *the* Infinitude Itself and the fullness thereof) and if infinity by its very nature cannot have anything "else" in it or "different" from it or "outside" of or "additional" to it (because *of what but infinity* could that "else" or "different" consist? Where but within or as infinity, therefore infinity Itself, would "outside" or "additional" to exist?), then *God is all.*

Indeed, this is the one and absolute truth. God is all – *all, all, all* without exception. And God is unconditional. "I am the Lord, and besides me there is none else." "I and the Father are one." "Be still, and know that I am God" – the very "I" that is the I of you. I, your consciousness, your being, the infinity and omnipresence of it, every breath and grain of it unto infinity and eternity, *is God and the "fullness thereof"* and "none else". God is what I is, what consciousness is – *all* of what I, consciousness, is. There is nothing "else" of, or about, or contained in I, in consciousness, than God, the only, the all, the infinitude Itself being the whole of Itself as individual you and universe.

Now, to *fully* understand what God is – the nature, quality and presence of God, therefore your truth – we add one word: *already.* God *is, already.* God is complete, finished, whole, perfect *already.* There is no such thing as "unfinished" God, "incomplete" God, "intangible" God, "invisible" God, "undemonstrated" God, "unavailable" God, "impractical" God. And because God is all, there being only one – *the one* life, one body, one presence, one world – you are That; every grain, place and moment of your world is That. "I am that I am." As That *you are and have the whole of God already:* "Son, I am ever with you, and all that I have is yours" – not "will be" yours, not "conditionally" yours, not dependant on how good you are or become or how rapidly you stop being bad. No. All that I have *is* yours, and yours unconditionally because "I and the father are (already, unconditionally, eternally) one."

There is not God "and" you, or you "and" God. There is not God "and" world. There is not God "and" – period. God, infinity, omnipresence cannot have and indeed does not have an "and". Indeed, you and all beings *are* and *have* the whole of omnipresence *already.* So think. If there is no "unfinished, incomplete, invisible, intangible or undemonstrated" God, Good – which there is not – then there is no "unfinished, incomplete, undemonstrated, invisible or intangible" you ("you" meaning the whole of you, the whole of your consciousness, your being, your experience: your world and every detail of it, down to the last grain).

God and I (being) are one, not two. “I and the Father are one.” God is individual being. *All* being is the one Father-God, Mother-God being, the *one* life, *one* body, *one* presence, *one* universe, *one* everything everywhere *being* individual and unique life expression. The whole is the one in infinite, individual and unique expression, but always one and *of oneness:* “My father and your father,” the Master tells us, the *one* that is *all*, the oneness *of* all, the one Truth of all being.

Because God *is* already, nothing of God is “given” or “withheld”. God and the fullness of God is unconditional, present already and forever. The whole already *is.* God is *Principle*, in fact *the* almighty, one principle Itself. Principle unconditionally *is* and is fully and unconditionally available wherever you are and whatever “state of being” you happen to be in – good or bad, free or bound, happy or suffering. It doesn’t know how you are or where you believe you are. It simply Is, and is being the fullness of Itself as you and for you. Nothing of principle

principle of mathematics doesn't make any difference to mathematics being wholly existent right where we are and at any place we may go throughout the infinitude. Wherever we are, *there is the whole of the principle.*

Mathematics cannot give us any more of itself; neither can it withhold any of itself from us. It is incapable of being anything but the *whole of itself* everywhere, equally, simultaneously, fully and freely present. The infinity of numbers and calculus exists in the palm of our hands, and equally in the palm of every hand, and at every point or place throughout the universe.

If we do not know of mathematics being fully present and unconditionally available, it is as if it is *not present for us.* If we know a little of mathematics, we can have the tangible experience of that little. We can do and benefit from basic math but no more. If we know more, we have the experience of that more. We experience and benefit by the *measure* we *have* (we know). If Pythagoras were standing shoulder to shoulder with us as we were experiencing the little of math *we* have, he would be experiencing the highly illumined and complex measure he has, complex math which would bewilder us. Watching Pythagoras live with complex math would be as a miracle to us who have only primary or high school math. Yet always the *whole* of math is fully and equally present both where Pythagoras is and where we are, simultaneously. Individual *awareness* of math is the only difference between Pythagoras and the miracles of math he has versus the little we have.

If we add 4 + 4 and make 7 or 9 or 38, it has nothing to do with math being unavailable or imbalanced, incomplete or incorrect. The "7" or "9" or "38" *is our lack of awareness* of the principle of math. The perfectly whole and harmonious "8" is present all the time, wherever we are, but we have to be *consciously aware of it* before we can "have" it, benefit by it, and express it in our lives, in our work and for the world.

In this very way, God *is.* God *fully is.* The entirety of God is in, and being, full and perfect harmony as you, as everything of you and your universe, this second, and forever. Wherever you are, whether you are fully aware, partially aware or unaware of the existence and presence of God, the *whole* is right where you are, being the fullness of you, and forever fully and freely available to your experience. “I am ever with you, and all that I have is yours,” whether you know it or not. *It is the “knowing it” that accesses the boundless good that is God as the truth of being.*

Whether you are on the far side of the moon or the far side of earth, on top of the highest mountain or the bottom of the deepest ocean; whether you are healthy, happy and prosperous or ill, unhappy or poor; whether in peace or war *there the whole of God is.* “Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.”

God is one, the only, the all. God is forever the same, unchanging and unchangeable, complete and perfect, indivisible and inseparable, incapable of being anything different. As one, omnipresence, God does not change Its nature, Its character, Its "type", Its presence, Its form. *God is incapable of change.* What power of change could exist when God Itself is the one, infinite, omnipresent and only power – omnipotence? The only existent power – the power, presence and form of *one* – cannot exert power against Itself to change that which It is, to become something different. Even if there were such a power, which there is not, where would the different presence or form exist in the infinity of one power, one presence? The very idea is nonsensical. "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun."

All already is. This is the great key to awakening. God, all, *already is.* The minute we believe that in any way God is *incomplete*, we are lost and remain lost until the day we awaken to *is.* And because God is already, nothing is "given" or "withheld" nor ever can be. *Is* is *Is*, the fullness of *Is*, incapable of being anything different or less or separate or divided. The whole cannot "give" anything more of itself to itself. It already is and has it, that being infinity, omnipresence and eternity. Nor can that which is eternally one and complete already "withhold" something of itself. Again, it already *is* and *has* it.

Because God *is* already, harmony *is* already, and besides harmony there is none else. Completeness, love, abundance, peace, happiness and utter fulfillment of being and world *is* already, and besides these there is none else. Because there is none else, you are That; you are nothing but That because there exists no life, no being, no body, no world but That one in, and as, the entirety of the infinitude.

If you are ill you cannot get "more" health or "more" life, or "improved" or "healed" life from God. God is not withholding life. God *cannot* withhold life. God is principle. God *is already being* the entirety of Life as your life! "All that I have is yours." Your lack of health is not a lack of the presence of Life because such a lack is impossible. Life is principle, the one principle, fully and always present. A lack of the experience of health is a lack of conscious awareness of Life being the only life there is, which you always are and forever have.

If you lack dollars you cannot get "more" dollars from God, or more "dollar opportunity" from God. God is not, nor ever can be withholding. God *is already being* the entirety of Wealth Itself, everywhere present as all form including that of dollars, just as the entirety of math and math's infinity of numbers are everywhere present. Your lack of dollars is not a lack of the presence of Wealth because such a lack is impossible. Wealth is principle, the one almighty principle Itself, fully and always present. A lack of the experience of dollars is a lack of conscious awareness of Wealth – God Itself – being the only form, the infinity of all form including dollars, infinity always being what you *are* and forever *have.*

If you lack love, peace or harmony you cannot get "more" of these from God. God is not withholding them – which He would have to be if He were able to give you more. God *is already being* the entirety of love, peace and harmony Itself, everywhere present as all being, form, place and condition. Your lack of love or peace or harmonious condition is not a lack of the presence of these because such a lack is impossible. God is principle, and God *is* love, *is* peace, *is* harmony Itself, fully and always everywhere present. A lack of the experience of love, peace or harmony, or all three, is a lack of conscious awareness of God – the one principle Itself – being the only Existence and Form, which you already *are* and forever *have.*

It is for this reason that, indeed, there is no "unfinished, incomplete, undemonstrated, invisible, intangible, lacking or limited" you.

Ah, but you say there is! You say there is much incompleteness, inharmony, lack and limitation in your life. There is much still to be fulfilled. Yes, because you are looking finitely, corporeally, objectively, locally, personally instead of *as oneness.* You are judging by appearance when the Master has instructed, "Judge not by the appearance." You are being the consciousness of finiteness when your truth of being is infinity. You are being the consciousness of local presence when your truth of being is omnipresence. You are believing objective sense in and of its own self when the Master has made it clear that, "He, she or it of its own self is nothing." You are being the consciousness of corporeality when the truth of consciousness is incorporeal.

You cannot witness that which you are not. You cannot expect truth to be untruthful for you. You cannot expect God to be visible and tangible in, or as, or for *matter, corporeality.* That would be like expecting light to be dark. "Choose ye this day whom you will serve, God or mammon (matter)."

This is all well and good but how does one "choose God instead of mammon"?

How does one lift into truthful consciousness? How does one *be* the consciousness of incorporeality, infinity, omnipresence and eternity when sensed experience is pressing and demanding with its very real suggestions of lack, limitation, ill health, immorality and insecurity?

The answer lies in understanding mind and form.

mind? Once we know what mind is we also know what form is because mind *is* form; form *is* mind.

As always, the first thing to do is get immediately back to God – pure God: *Only God is.* Only God is, and God is unconditionally whole and omnipresent; therefore God is *all, without exception.* We must take "God is all, without exception" literally. Then our consciousness is open to hear and receive truth.

Here's that truth, a truth known by only the few enlightened beings of each age, now given to you. If you can truly hear this – if you have "eyes to see and ears to hear" – if you have sufficient spiritual discernment, you will discover the greatest secret of the ages. To paraphrase the Master, "Whoever discovers this truth will be untroubled by that which appears to be, will live free in truth, will witness fulfillment of all, and not taste death."

There is one Consciousness: God. Yet there are infinite degrees or levels of *individual awareness* of the One – just as there is only the one math yet infinite degrees of awareness of that one.

The Master gave us the secret of consciousness: "There are many mansions in my father's house," followed by, "If it were not so, I would have told you." The "many mansions" are the many (infinite) degrees of *conscious awareness* of God, of Truth.

Right where you are is the infinity, is the omnipresence, of God – the almighty truth of being and experience – *being the very you you are.* Despite this great truth, our awareness of God as individual being determines – *is* – our individual experience.

Consciousness *is* experience. Our degree of conscious awareness *is* our tangible experience. Experience, both good and bad, appears convincingly real to us. It is false *sense* of the real, not reality Itself, yet every degree or level of consciousness appears to be real at and to its own level. As our consciousness becomes evermore *spiritual*, our experience becomes evermore beautiful, bountiful, harmonious and fulfilled.

And so by the degree we individually are either unaware or aware of God as the Only, *is the degree of truth* – health, wealth, love, harthing of health or wealth or love or peace or harmony or safety. Yet the whole of God, the whole of the infinitude, is right where you are, *being* what you are and what your world experience is. This means that all of life, abundance, love, harmony and utter fulfillment of being – all that God is – is where you are this minute, fully tangible as the need fulfilled. As we know the truth, as we fill our consciousness with truth morning, noon and night, we discover our truthful identity: the "man of Christ", the spiritual being who toils not, neither does he spin, yet "Solomon in all his glory" was not arrayed as beautifully and bountifully in all the world's goods. When we understand that "this world" is nothing but God appearing as our experience with five senses and three dimensions of mind we have awakened to the truth and treasure of heaven as earth.

Mind is simply a faculty of experience, or an "avenue of awareness" as Joel S. Goldsmith termed it. Mind happens to, at the "human" degree of consciousness, consist of five senses and three dimensions. But the five senses and three dimensions *do not change God.*

Mind is not a power. Only God is power. Mind does not *change* God into different form, substance, characteristic, presence, truth. All form is one hundred percent God, and *of* God, utterly unchanged and unchangeable because nothing but God is. Just because the mind forms God into five-sensed and three dimensional experience does not in any way "change" God. Nothing including mind can change God, the one and only power.

Throughout the ages, the quandary of "this world" has fooled most truth students, thereby keeping them out of truthful experience.

How can form which appears to be corporeal, finite, local, variable and temporal consisting of many different powers of both good and bad be God when God is the only – incorporeal, infinite, omnipresent, invariable, eternal and of one power alone?

The key is found in three of the Master's statements:

"I am in this world but not of it."

"Judge not by the appearance, but judge righteous judgment."

"Know the truth, and that very truth will set you free."

I am in and experiencing the world of form ("this world") just as you are and as the whole of humanity is. *But form is not what it appears to be.* It is God alone – unconditioned, unchanged, pure and whole – because nothing can condition or change God. *Only God is.* There is nothing but God, therefore nothing that could "condition" or "change" God even if it were possible, which it is not!

The mind simply forms of God, of oneness, five-sensed and three dimensional experience (images). But that experience or appearance does not make it *of its own self* real anymore than the experience (appearance) on the movie screen makes it of its own self real. The images on the movie screen are nothing of their own selves. They have no "truth" in and of their own selves. Their "truth" is whatever the reel of film is and contains. Neither the light nor the screen have power to change the "truth" of the film, it's character, nature, activity, plot and conclusion. In this way we realize that the images of life, that which we call the "this world" experience, are nothing of their own selves. Their truth is God and everything

God *is* and *has*, and nothing “else”. There is none else! Their actuality here and now is God. Nothing has to “change” before form becomes truth because nothing has been changed in the first place. Their substance, presence, form and activity are all God. Remember: the only visible presence is God. The only, *only* is God! The only “him, her or it” that can present itself to you is God.

Because form *appears to be* a real entity in and of its own self – a real “him, her or it” of either good or bad quality and nature – does not make it so. “Judge not according to the appearance, but judge righteous judgment.”

Why “judge not by the appearance”? Hear this closely: because God *is*, and is unconditioned and unconditional (principle); and because God is mind, mind is as equally unconditioned and unconditional. God “and” mind are one, not two – not two different things or states or presences or activities. And because mind is form, form is as equally unconditioned and unconditional. God *is* mind (one of the many mansions in my Father’s house) *is* form – all one.

Whatever or whoever you observe is God-mind-form: all one, all unconditioned and unconditional God, simply observed or experienced as five senses and three dimensions at our level of consciousness *but never "changed", never "different"* because nothing – *absolutely nothing* – has the capability of changing God.

All form – this entire universe, world and absolutely everything everywhere in it – is nothing in or of its own self, is innocent and impotent. Form in and of its own self has no power, no law, no principle, nothing to uphold it in or of its own self. Of its own self it has no substance, no power, no law, no principle, no body, no ability either of good or bad.

Why then, if all form is unconditioned and unconditional God, nothing of its own self, without law or principle to uphold it, does the experience of form contain both good and bad? Why does disease, lack, limitation, loneliness, depression, immorality, and injustice exist, with millions suffering, if God is all? Why does the particular problem I am experiencing fail to yield especially if I have been a truth student for many years and if no problem exists in the truth of experience?

STEP FIVE

Belief

Individual consciousness *is* individual experience. If form is believed to be an entity, a reality of its own self, something separate and apart or "different" from God, that belief (and the degree of it) *is* the believer's experience.

It takes a believer to experience that which is believed. But remember the Master's instruction: "Judge not by [believe not] the appearance, but judge by righteous judgment [realize that form, appearance, is nothing of its own self yet *actually* is the very presence of God Itself]."

If there is remaining material belief, *it is that false belief, outpictured as a problem, which is experienced as unyielding.* The unyielding belief is experienced as the unyielding problem.

The problem in and of its own self is nothing – unreal, impotent, without any law or principle to uphold its experience in your life – and as such unable to cause or perpetuate lack, limitation, pain or suffering of any category. The *belief* and the *attachment* to the way in which it appears as bad form is the only actual problem.

Detach from the appearance, the form as being an actual entity, something "real" you have to "deal with" and solve of its own self. Then drop the *false belief*, and in truth you will witness the problem dissolve as easily, naturally and quickly as dark dissolves in sunlight. The minute you detach and stop being a believer of false belief, the minute you "release God" and lift into truthful consciousness, you *are* and *have* the power of truth and you begin witnessing all form become truthful.

"One with God is a majority." It takes one truthful consciousness to witness the healing of every discord, disease, lack and limitation presented to it. "Ten righteous men can save a city." In fact, just one of truly illumined consciousness – spiritual consciousness, devoid of belief in matter as being real in and of its own self – is enough spiritual presence to witness miracles everywhere in life. The consciousness of God – the presence and power of God happening in and as individual consciousness – dominates and governs experience. All form reacts and responds, and harmony prevails.

The Master gives us the secret in Luke 12:22-32:

Take no thought for your life [none of appearing life, either of good or bad].

The life is more than food, and the body is more than raiment [life, that which appears to your senses, is more than it seems to be. Despite the way in which it appears, either good or bad, it is God Itself, already forever whole and perfect, finished and omnipresent wherever and everywhere you are].

Which of you by taking thought can add to your stature [to the already whole and manifest truth of God as individual being, individual you] *one cubit? Why then take thought?*

Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon *in all his glory was not arrayed like one of these.*

If then God so clothe the grass [the least of all form], *which is today in the field, and tomorrow is cast into the oven* [is temporal and of little value in and of its own self]; *how much more will he clothe you* [the highest consciousness of being; the god of your universe], *O ye of little faith?*

Seek not ye what ye shall eat, or what ye shall drink [seek not anything to do with any form in and of its own self, either more of the good of life or less of the bad of life], *neither be ye of doubtful mind* [neither doubt that God is all, despite all and the most convincing and suggestive appearance].

But rather seek ye the kingdom of God [seek to ever maintain spiritual consciousness]; *and all these things shall be added unto you* [added unto your experience; the light of truthful awareness shall shine through the fog of false sense revealing 'the image and likeness of God' as all form].

Fear not, little flock; for it is your Father's good pleasure to give you the kingdom [it is the 'good pleasure' of spiritual consciousness to fill material consciousness, false sense, with Its light of completeness and fulfillment, the fulfillment that is truth, just as it is the sun's 'good pleasure' to fill the dark with light.]"

Spiritual consciousness is fulfilled experience. Spiritual being has nothing to demonstrate. He finds all already manifest and demonstrated – God as whole and perfect form. He finds, when observing that which to material sense is lacking, needed, undemonstrated or unfulfilled, that his spiritual consciousness quickly fulfills the "lack" or "need" of material sense. Material sense is fed, nourished and lifted by spiritual consciousness.

Spiritual consciousness throughout the ages, and in every situation presented to it, witnesses, in and as and through its matter-free presence (the presence of God consciousness) fulfillment in the place and as the form material sense witnesses as lacking, diseased or discordant. "Where the presence of the Lord is, there is liberty."

STEP SIX

Meditation, Silence and Receptivity

All is consciousness; therefore all of experience, despite the way it appears as form, is the experience of consciousness *happening*. *All* is the presence and activity of consciousness.

Because one with God is a majority, as individual consciousness "lives and moves and has its being in God", it keeps itself clear and empty of material belief. The spirit-filled consciousness is matter-free. Free of matter, consciousness is transparent, empty, a nothingness of its own self, a vacuum. And because "God abhors a vacuum", consciousness is filled to overflowing with God, Spirit, Truth as all. Therefore, with nothing "else" in consciousness, nothing else but God, Spirit, Truth is experienced as form – as "this world".

The constant meditation of God as all keeps consciousness filled with truth instead of untruth. This is the key: keeping consciousness filled with truth and by so doing keeping "untruth" out of consciousness. The consciousness filled with truth is the consciousness *consciously one* with God as all – "connected" with and as God, "at one" with God.

I am the true vine, and my Father is the husbandman.

Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit.

Now ye are clean through the word which I have spoken unto you.

Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and *cast them into the fire, and they are burned.*

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

Herein is my Father glorified, that ye bear much fruit.

Keep your awareness in heaven rather than on earth. Meditate morning, noon and night on the presence of God, on the truth of spirit being all. Meditation does not have to be a formal sitting down but is the constant contemplation of truth, the keeping of the mind on God. Make the majority of each five minutes God awareness. This is the key: the constant meditation of God. It is a discipline very few truth students exert. "The harvest is rich, but the laborers are few."

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight is in the law of the Lord; and in his law doth he meditate day and night.

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Keep your mind filled full with God-awareness 24 hours a day. In this way alone is consciousness kept high in spirit and matter-free, fertile for the almighty presence and power of God to be witnessed as truthful experience. None is arrayed so beautifully and bountifully with the world's goods as the one whose consciousness is filled full of spirit because "the silver is mine, and the gold is mine, says the Lord" and "The earth is the Lord's, and the fullness thereof."

Consciousness filled with God awareness has only to "be still" and behold God in action as harmonious experience. "Be still, and know that I am God." "Be still, and see the salvation (harmony) of the Lord, which he will show to you this day."

A silent and receptive consciousness *is* the miracle witnessed. In and as the silence and "vacuum" of consciousness, God flows into tangibility revealing the "image and likeness" of Itself as form. The "problem" is solved.

Silence, in which God is felt happening within, *is* fulfillment witnessed. It is when we no longer have anything to demonstrate because as spiritual consciousness *we are already complete and whole as God felt happening*, that the consciousness we are being is evidenced as harmonious form. The fulfillment we are *being* as spiritually complete consciousness is the *form of itself witnessed* – "the image and likeness" of God . . . "as in heaven so on earth" . . . as in consciousness so on earth (as form).

Consciousness *is* experience. Do you see this now?

STEP SEVEN

Living Truth

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The final "step" in solving any and every problem – this being that at which most truth students "fail" – is the practical *living* of truth. We can know and even experience "within" all the truth God has, but if we do not also *live as* and *by truth* we'll no more witness truthful experience than dark can witness light. There is no truth, and no law to support it, of two things occupying the same space. It is only as the one truthful consciousness occupies the one space that all is evidenced whole and perfect.

You know that God *is* mind and mind *is* form. You know that God, mind and form are one, unconditioned and unconditional. You know that nothing is "given" or "withheld". God *is*, and that *is* is unconditional as all. You know that nothing changes God, nor ever can, into something different, less, diminished, unavailable. All form is, therefore, the fullness of God, the exact same substance, quality, nature, and character as God, simply experienced as five senses and three dimensions "through" the lens or faculty of mind. "The earth is the Lord's, and the fullness thereof." This is absolute truth, yet if it is not lived moment-by-moment in the most practical of ways, it remains "invisible" to experience.

We cannot have a "dual" consciousness. We cannot "know" the truth of the infinity, omnipresence and eternity of form yet in practical experience treat form as limited, lacking and variable and expect to see its truth! "Make the inner as the outer, and make the outer as the inner."

We have to *be* truthful being, all-inclusively, "in" and "out" as one with no part or place or activity remaining untruthful, in order to witness truth. We have to *be* truth to behold It as experience just as the sun has to *be light* in order to behold light throughout its universe. “I am the light of the world.” I am what I experience. If I am dark in any area of my being then I witness that dark as that area of experience. If I wish to witness light (the truth of experience) I have to *be the light* I am to witness.

If we know the truth of life yet accept illness, disease or injury as an entity in and of its own self, we cannot expect to experience life and life alone; we cannot expect to experience healing. Life witnesses itself alone; therefore we have to *be the consciousness that is all-inclusive life, “in” and “out” as one* and we have to *act* as life alone in order to witness life experientially (health, vitality and wholeness). “I am the life of the world . . . What did hinder you? . . . Rise, take up thy bed, and walk.”

If we know that God is love, therefore that love is unconditionally omnipresent, never separate or apart, never absent, yet we accept loneliness, separation or hate, we cannot expect to experience loving and fulfilling relationship whether as individual, family, neighborhood, country or world. Love witnesses itself alone; therefore we have to *be the consciousness that is* *all-inclusive love, "in" and "out" as one* in order to witness love experientially. "God is love."

If we know the truth of infinity and omnipresence, therefore the truth that all form is nothing but infinity and omnipresence also, yet accept limited or lacking or incomplete resource including dollars, opportunity, clients, students or any other type of form, we cannot expect to experience abundance in tangible experience. We will forever experience a lack of fulfilling form, activity and condition including that of dollars.

All form – all being, body, thing, amount, activity, condition and place – is already and forever infinite and omnipresent, the fullness of God. There is never incompleteness, lack, limitation, separation of form anymore than there is ever a lack of math or incompleteness or separation of numbers. No one being, place or thing or condition lacks a part of its wholeness and completeness of fulfillment.

Such lack or incompleteness is utterly impossible. God is indivisible and because God is form, form is indivisible. Only whole – infinite and omnipresent – form exists. No form

They answered, seven and some little fish.

And Jesus said, Go to, and seat the people [Jesus is not hindered or delayed by the appearance of insufficient food. He knows no such insufficiency. He lives by the all-present and practical truth. Hence he seats the people in readiness to eat of the plentiful food, the 'food ye know not of' which infallibly appears as the form of satisfying food "through" spiritual consciousness. The disciples' material sense is still unable to see it. They see only limited form rather than the infinity of form truly present.]

And when the people were sat down. . . Jesus looked to heaven and spoke the Word [raised his consciousness and experienced the Word of God speaking as him; felt the presence of God happening within, felt the presence of oneness, completeness, fulfillment happening as him], *and then he broke the seven loaves in little bits, and likewise cut the fish.*

And every bit of bread became a loaf, and every piece of fish became a fish.

The twelve went forth and gave to every one; the people ate and they were filled; and all the fragments that were left were gathered up, and there were twelve *baskets full.*

What seems to lack, lacks only to material sense that believes appearance to be reality in and of its own self. To spiritual consciousness only wholeness, fulfillment, completeness exists "in" and "out" as one form, one actuality, one practical truth, the one and only reality.

◆

My friends, whatever seems to lack in your life, whatever is discordant, unhappy, diseased, insecure, whatever problem has so far refused to yield, believe it not, but realize the absolute and practical one truth alone.

Study this little book over and over until its truth and Way has become the very "blood of your blood, and bone of your bone".

Then start giving of the "little" you have *in truth* and you will witness the little becoming the whole, never running dry, sufficient and satisfying for all concerned, infallibly witnessed as all need fulfilled with twelve baskets full left over.

Writings of
PAUL F. GORMAN

⁂

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The miracle of life is not found in, or by seeking, the "outer" appearing forms of health, success, money, relationships, home, love or companionship, peace and harmony in the world. It is found as one awakens to Truth, Spirit, Consciousness, "I", God as being the One Reality, the One Infinity of Being, the One Truth of You and All.

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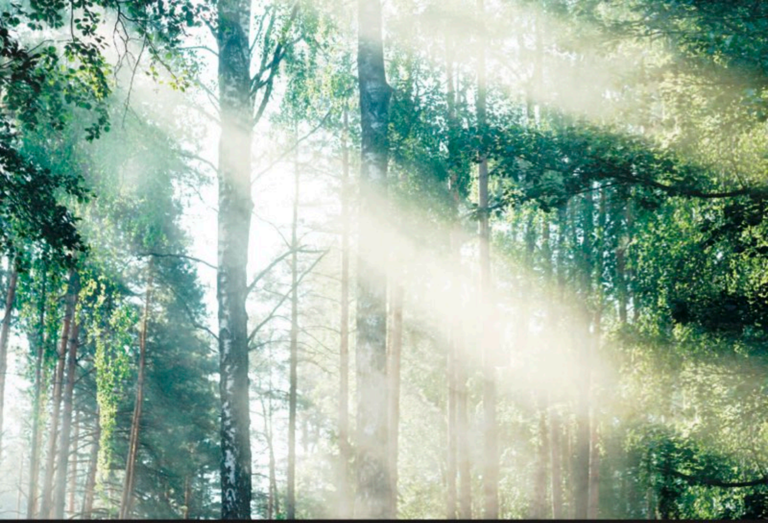

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Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving
behind false belief, ever greater degrees of heaven
are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

INTRODUCTION

This book is born of a telephone talk given to 558 Miracle Self students June, 2017. The subject: the infinity of being and the practical demonstration of the infinite good.

The talk, now expanded and made into this 88-page book, came about because of the struggle many students still have in demonstrating supply — not only the supply of money, success and prosperity, but that of any and every good worldly thing and condition.

In this book, Paul F. Gorman provides a feast of God consciousness, spiritual principle, clarity and practice; and, as typically found throughout the Miracle Self books and classes, provides the devoted student with real life instruction in demonstrating practical, tangible, visible good.

Probably, for me, the most important clarity shining through this book is that "we" are not responsible for evidencing the good that is God, but God itself is responsible; and because God already *is*, all good already *is.*

One of the most significant truth statements to be given the world in the past 100 years is "Only God is; therefore only God *can*" — the same as understanding that "only the sun is; therefore only the *sun itself can* fill its universe with light and heat."

As soon as this truth begins to blossom in individual awareness, other Miracle Self statements come alive in us and quickly start showing their fruitage in abundant good filling our lives. "God consciousness is *its own evidence.* . . . Only God sees God. . . . Let God *be God in you;* then God sees itself as infinite good in your world."

Gorman explains, "Never do we need to hold in thought, be concerned about, or mentalize in any way about the good which seems to be needed in our lives. God, good, *already is.* It is omnipresent, infinite, tangible and visible right where we are. But because God is spirit, we blind our senses to it as we look for it as matter. All we need do to have — this day and every day — limitless amounts of any and every worldly good, including health, wealth, love and harmony in every way and form, is to seek spirit *as spirit* (not matter), and to look out into our world *spiritually*, not materially. Then the magic of God, the miracle of infinite good, becomes literally and visibly true, and we not only watch as our individual lives are filled with every abundant good, but, more importantly, we are able to give and share the abundant good with everyone else in our world. This alone — giving, sharing, serving, contributing, expressing — is true fulfillment of being and purpose."

The idea that each of us is personally responsible for the good of our lives, the good of our families, businesses, and (in part) the good and protection of our earth has its basis in human belief, not in reality. When we awaken to the truth of being — the infinity of being — we become a "window" of God on earth, able to heal, supply, feed, house, protect and free those in our consciousness.

These succinctly written pages contain the authoritative voice of the greatest Masters who ever walked the earth, and the experience of one who has, in a measure, come to the light of truth, and is able to show us the way.

Disease, lack, limitation, poverty, hunger, homelessness, unhappiness, pain and suffering have no law or principle to sustain them in the presence of God consciousness. In the light of spirit every human problem and pain dissolves and dissipates to reveal the health, harmony and joy of being, mind, body and world.

A STUDENT
July 30th, 2017

You Can Demonstrate Infinity

⁂

This message is more about supply than any other truth topic because the subject of supply embodies the nature of God and the way of experiencing the limitlessness of good; it includes the way of fulfillment in every category of life.

When we understand what is referred to as *supply* and we know how supply becomes tangibly evident in our experience, then we have the secret of life, the key to God dominion in our earthly experience as is spoken of in Genesis. You, I, every being are the very presence of existence, God, itself (because "there is none else"); we have dominion — not personal dominion of course, but God dominion, truth dominion — over all of existence, over all on earth, over all of consciousness and all that consciousness constitutes.

I ask you, through reading these pages, to grasp and practice the truth of supply and, thereby, witness the rich fruitage of truth fill every category of your life.

My prayer is that you find the infinity and freedom of truth in your own life, that you live the fullness of your true expression, the fulfillment of your purpose from this day onward.

You can, you really can, from this day because truth is your only reality.

Let us start with a minute of silence together to hear and become receptive to the message. . . .

The title of this book is *Anyone Can Demonstrate Infinity*. Any person can demonstrate an infinity of any and every good form, including money. This book is born from receiving letters from students unclear about the truth of being, what mind and body are, what thing and condition are — what God or existence is.

These questions are an opportunity to share the message of truth but also sad to receive. It is hard to witness how much misunderstanding still exists among the students of the world. So it is a great privilege to make these pages available to you. You will gain your freedom from the clarity contained herein and the practice of it in your individual experience.

As words like *God*, *truth* or *heaven* are used do not be put off. There was a time when the word "God" was repellent to me. I have since come to love that word through understanding what it truly means — which has nothing to do with its definition given to us in school and in orthodox religion. *God* simply means *existence*, *reality*, *the infinitude*, *the omnipresence*, *the one reality*, *consciousness.*

THE FIRST TRUTH

We will start with the word *God* or *consciousness* or *life* or *truth*, and understand that however we may name or define it, it is the one, the only, the all-of-all, self-contained, self-complete, self-tangible and self-visible existence.

Nothing of existence is different, separate, less complete, less present.

"The kingdom of heaven [the kingdom of truth or reality] is inside you and it is outside you." (Gospel of Thomas, Saying 3)

Right here, the Master is telling us that the objective sense — this world and every person, thing, condition, amount, place and activity in it — is not separate from, different from or less than God but is the same one presence, the kingdom of oneness, the kingdom of truth, the kingdom of God.

The inner is exactly the same as the outer, and the outer is exactly the same as the inner. The only so-called difference is our *sense* of inner versus outer. But sense does not change reality.

Our *sense* of the oneness of existence is objective at the "human" level of awareness. It is three dimensional, it consists of so-called five senses, and what appears to be time and space, cause and effect. But all of these and any other way we may define our being and its mind, body, world and universe are simply *sense* of that which is one hundred percent God or oneness or infinity or omnipresence or consciousness; and that sense does not change reality. Right here is the understanding that frees you from the belief and, therefore, the bondage, lack, limitation, disease, discord, pain and suffering in body or world experience.

We have been educated to believe that the world in which we live is *itself* reality, a reality in which we have to make a great deal of effort — learned, skilled effort to not only succeed and live comfortably, successfully, happily, but just to survive.

We all know this. It is often hard, very hard, just to survive as a human being with sufficient health, strength, love, happiness, success, money, safety and security. We often find ourselves with little or no control over our circumstances. We can find ourselves — and many are as they read this — in the midst of a great health struggle, financial struggle, relationship struggle, or safety and security struggle, with seemingly little or no control over it or its outcome. This is because that which seems to be has been believed as being real. But all belief is non-reality, a nothingness, a non-power and non-presence in reality. The *only* reality is God, good, and this truth is quickly proven to be true by any individual who attains a *consciousness of God.*

The moment we realize that the kingdom of God, the kingdom of good, is inside us and it is outside us, we have the key to the dominion of that which we call this world — the dominion of person, thing, place, condition, amount and activity.

All is experienced as God-like, good, when we know that all *is* God and are able to ignore appearance — release it — and *let* God be God inside us and outside of us.

This is the first truth to realize. The objective world — you, your name, the whole concept you have of who you are, of your character, your quality, your condition, your age, your ability, your education or lack of it, and everything else you could define as being "you," and everything of your world and universe (absolutely everything of it, from a grain of sand to the entire universal structure) is nothing but *sense* of that which it actually is, which is God.

We are having a corporeal *sense* of that which is one hundred percent incorporeal, a human *sense* of that which is one hundred percent God, a material *sense* of that which is one hundred percent spirit.

Use any synonyms you like as long as you realize that our experience of self, of our minds, our bodies and our world — absolutely everything that we can name, from a single thought to all in the entire universe — is simply *sense* (objective sense, three dimensional sense, five-sensed sense) of that which it all *actually* is, which is oneness, infinity, omnipresence, eternity, spirit.

THE SECOND TRUTH

The second truth is that *belief* or *sense* does not change God — reality.

If I am sixty years of age, yet you believe I am fifty, your belief does not change my sixty years; if my pet is a golden retriever, yet you sense it to be a spaniel, or a cat, your sense does not change my golden retriever.

Hold your hand up in front of you. Look at it and realize that, of course, to sense testimony alone, it is the hand you are familiar with. It is physical. It has certain physical function, movement. It is formed of flesh and bone, muscle and blood. It is a certain size, shape, color, age, quality. So to sense testimony alone, and to your knowledge of that sense, these are the facts about your hand.

Now realize what we have just heard. All objective experience is simply three dimensional *sense* of that which all actually *is*, including our hands (and our whole bodies and worlds). Look at your hand and realize that, despite the way it appears to be, despite how familiar you are with it "physically," what your hand actually is, this instant and eternally, is the whole of spirit, the whole of the kingdom of God.

It is both the inner and the outer of entirety. The "inner" does not refer to a physical inner; the inner is the purity, the spirit, the truth of all.

The "inner" and the "outer" are the very same presence, substance, form, quality and condition which is God, good — spirit, infinity, omnipresence, eternity.

This is true of absolutely everything in your world and universe.

Everything — a grain of sand, a blade of grass, a dollar bill, your wife or husband or partner, your family, your home, your business, your work, the contents of the room in which you sit — everything is, despite appearance, spirit, God. And God is the infinitude.

Hear this deeply. Spirit or God or consciousness is *the* infinitude, *the* omnipresence, and is indivisible and inseparable.

We cannot have a "little bit" of God, a "little bit" of omnipresence, a "little bit" of good. We either have the whole or we have nothing.

There is no choice.

Even if we believe that we are separate persons with mental minds and physical bodies, living in a material world and universe, all of which seems to be outside of us, and all of its good needing our effort to get, and then to keep once we have it, all of this is untrue. Even as we believe such appearances — as we have been taught to believe since inception and then throughout human education, they are entirely false.

This instant you are, your hand is, your mind is, your body is, your whole world and all it constitutes are God or spirit — the whole of the infinitude present at each point of itself at the same time, to paraphrase Thomas Troward in the Edinburgh Lectures.

Oneness *is;* wholeness *is.* There is no such thing as a "little bit" of anything. The *whole* is the only reality, the only presence, the only form, the only experience even while we are busy believing that our experience is incomplete. Experience is forever whole, but belief is clouding the tangibility, the visibility of wholeness *from our sense.*

Always remember, the whole of God or good exists right where you are this instant and forever. There is no such thing as absent or incomplete good. Good *is*, and is the *only is.*

It is an impossibility for any person, under any circumstance, to lack his or her complete and immediate tangible good.

THE THIRD TRUTH

The third truth is that there is no such thing as unmanifested God, undemonstrated God, intangible God, invisible God; partial God, giving God or withholding God.

God is *one;* God is *omnipresence* — "the same yesterday, today, and forever." (Hebrews 13:8)

Nothing other than or different from God exists. The whole universe, the whole world consists of nothing but God, and God is eternally whole, one, omnipresent, fully existent *now.*

God is principle, and principle *is. Is* does not have two departments, one that *is* and another that is *not;* one that is ethereal, unmanifested, undemonstrated, intangible and invisible, and another that is palpable, manifested, demonstrated, tangible and visible; one that is withholding itself and another that is giving itself.

Is *is*, and can only be the fullness of itself.

We would never think of gravity as having two departments, one ethereal and another palpable, one withholding itself and another giving itself. Gravity is principle, and as such, gravity *is* — "in," "out" and throughout.

The same is true of all principle. Principle simply *is.*

Let us understand that God *is. Is* does not give because *is* already *is; is* does not withhold because *is* can only be what it *is*, which is the fullness of itself.

God is the almighty, all-knowing, all-present one principle that is existence itself and all that constitutes existence. It is impossible to divide and separate God; and because God exists as the whole of itself at every point of the infinitude at the same time, right where you are, this minute, the whole of God *is* as every form, every place, every amount, every activity, every person, every thing, every condition, every circumstance and every quality.

Do not look at any person or thing as he or she or it appears to be and accept those appearances as being real. "Judge not by the appearance, but judge righteous judgment." Judge by spiritual judgment. Judge by truth, and realize that *despite appearance* all is God. There is nothing "else" any person or thing can be in all of existence; there is nothing "else" any person or thing is because God *is* the entirety of all that exists, God is the only, God is the all-of-all, all-in-all and all-as-all. "All things were made by him; and without him was not any thing made that was made." (John 1:3)

The only existence is God, and God exists as its infinite wholeness, its omnipresent wholeness at each point of infinity at the same time. And because there is no such thing as undemonstrated, unmanifested, intangible, invisible God, the whole of fully demonstrated, fully manifested, fully tangible, real, practical, and fully visible good exists not only *as you* but all around you, as far as your consciousness reaches (and infinitely beyond), as every person, thing, condition, place, amount and activity this instant and forever.

THE FOURTH TRUTH

This leads to the most important aspect of truth and the demonstration, the every day evidence of infinity.

It answers all — nearly all — of the questions, the doubts, the struggles, the seeming inability for any individual to evidence a limitless abundance of good in every category of life.

Be still, open and receptive to deeply hear this now. Take a few moments of silence and openness. . . .

~

As you hear this you will no doubt say to yourself — and probably to me if you were sitting with me — "I know that!"

Yes, you intellectually know it. As a truth student you have heard it a thousand times. Believe me, I had heard it probably five thousand times but still did not *know* it.

I was still unable to accept it and live it. Hence, I still suffered with disease and a great deal of lack in those days, a great financial lack and a lack of any sense of dominion over anything in my life — my health, my finances, my relationship, my sense of purpose. Everything was going to seed because I did not yet *know* what we are going to hear now.

I had to know Truths One, Two and Three too, and so do you. But they lead to this Fourth Truth. Without truly knowing — which means living *as* and *by* — this fourth aspect of truth, every truth student "knows" that all is infinity but cannot demonstrate it. It is a knowing *about* infinity but not the living knowledge itself — like knowing about swimming yet being unable to swim.

I receive letters every week from students who yearn to have the freedom of the promised infinity — the freedom of health, love, money, and business success, the freedom to make substantial financial contributions to numerous good causes and charities — yet find themselves limited, lacking the ability to do much more than support themselves and their families.

"I do not have enough money; I do not have the right education, knowledge, skill; I am limited by my circumstances."

There is not a single truth to any such belief. So let us now hear and understand the *truth* of self, body and world.

One

Because existence, life, and its infinite formation is God, there being "none else"; because God is *the infinitude, the omnipresence;* because God is *one,* inseparable, indivisible, unchangeable all-of-all, all-in-all and all-as-all existence; because the inner is the outer and the outer is the inner — the same one existence, presence and form without anything, anywhere whatsoever being separate or different (even as the oneness of existence is objectively sensed as separate or different, everything is the *one same existence*, the whole of existence *being* that which we sense as every person, thing, place and condition) — *all of life*, all the 7.5 five billion people we are aware of on Earth at the time of writing, are not separate, not different, but are the *one life.* Not only the *one life*, but the one *infinite, omnipresent, eternal life.*

Where any life is, *there all of life is.*

We *sense* life as being so-called "out there," appearing to sense as being 7.5 billion different, separate, independent people, living in various locations around the planet, of particular race, color, height, age, character, education, acuity, ability, accomplishment, position. But remember, judge not by the appearance. Judge *spiritually.* Judge by truth or reality, not by appearance.

Accepting mere appearance as a reality is like accepting 4 x 4 = 11 as being reality. Reality is primordial essence, unblemished existence, the substance, presence and form of *truth itself* and *truth alone* — God.

Even true appearance in itself is nothing *of itself.* No appearance is an entity in or of itself.

Four x 4 = 16 is true appearance, yet of itself is nothing. "I of my own self am nothing." It, of itself, cannot sustain itself, cannot remain visible and tangible. It is and requires the primordial substance, presence and form of truth itself to exist. Even untruthful, sick, limited or lacking appearance is and requires the substance, presence and form of truth to appear.

The one, only reason it appears to be untruthful is *our misperception* or *mistranslation* of the truth it actually is. (Hear this and you have the golden key to infinity and the truth of all.)

The same is true of you, of me, of all. All is the one presence of truth, but as we misperceive or mistranslate appearance as being an entity separate and different from God (whether person, thing or condition) our senses are clouded by belief and we are unable to see and to have, as tangible and visible experience, the truthful appearance — the true image and likeness of God, good.

To clear our senses, thereby to see truth (health, wealth, harmony and peace) clearly, we must know that wherever life is, wherever entity is — which is, of course, at every point of the infinitude — *there* the *whole* of life exists in already perfectly visible, tangible manifested and demonstrated form.

None of Existence Is Outside of You

There is no life, no existence, no form, no image and likeness outside of you. None of infinity exists outside of you.

What appears to be an infinite universe exists in its entirety as and within you.

"The kingdom of God is within you." The kingdom of all, the kingdom of the infinitude is within you; and, "the kingdom of God is inside you and it is outside of you."

The "inner" and the "outer" are the same one presence, the same one infinity, the same one life, the same one substance and form, the same one tangibility and visibility, the same one experience. But again, we must "know the truth" before we are free in truth. Without knowing the truth, it is as if we do not have truth. It is *knowing* and *living as and by* truth that fills our experience with truth.

So realize that the life that seems to be 7.5 billion people existing separately and outside of you is actually the one life *God is as* you, me, all. As we look at each other, we are looking at ourselves — 7.5 billion of the infinite different aspects of one infinite being.

We are one — the one life experienced as an infinite variety of oneness.

I am you and you are me, just as the gravity under your foot is the gravity under mine.

You are, and I am, and all are all that existence is. Each individual is and has the whole. Only one is; therefore all is the one.

This is why the second great commandment from the Master — and remember that the Master's two commandments transcend every other commandment given us — is that we are to "love your neighbor as yourself."

There is the secret — not to love a different person, a separate person "out there" in the same way that we wish to be loved ourselves. No. That is certainly part of the meaning to human or material understanding. But the deeper meaning — the meaning that reveals the secret of truth — is that we are all the *one life.*

Obviously then, we must recognize this truth and, therefore, love that one life *as the one life it is.*

Love your neighbor as the *I am* you are. We had a whole class with a group a few weeks ago on this one truth. Love your neighbor as *I am*, as the very *I am* of you, the very *I am* you *are*, because all life is the life you are, the *I am* life.

There is no such thing as *personal self.*

This is the truth that — once realized and lived — will change your life forever.

I urge you with every breath of me to finally, deeply hear this truth. It is the truth that transforms disharmony into harmony throughout your world; it is the truth that transforms lack and limitation into abundance and limitlessness — and quickly. It took me many years of pain and struggle to finally awaken to this truth and start living it; and in living it, *experience* the reality of health, harmony and freedom.

When we know this truth and start to live it, freedom is about one step away. Infinity of all form is about one step away. The omnipresence of tangible, visible good is about one step away. And when we do truly live the impersonal self, in and as the infinity and omnipresence of God, there is not even one step to take. We discover the great truth and practicality of oneness. We discover that all that God is and has, all the good of heaven and of earth, is forever where we are as we live as individual God-self, — not personal self, not local self, not temporal self, not human self, but God-self.

And because the truth of all self is God-self, all self is and has infinity, all self is and has omnipresence, all self is limitless. True self *is* fulfillment, not "can become so" if one reads enough books, attends enough classes, and becomes high enough in spiritual consciousness.

You *are* and *have* all that God is and has, all that infinity is and has. "Son [daughter], you are ever with me [that which I am you are, and that which you truthfully are is *I*, is what *I am*, for existence is one, existence is I, and none else] and all that I have is yours." (Luke 15:31)

Infinity is yours. And because infinity, God, is all, you have an infinity of all good form, this instant and forever.

There is no lack, no limitation. There is only the one existence and that is the infinity of, and the omnipresence of, all that God, good, is. There are no exceptions; there are no conditions to this truth, this fact.

God *is.* We do not have to earn our God self, our truthful self and harmonious world.

We cannot pray for it, we cannot meditate for it, nor can we sit in silence for it. We *already are and have it.* The statement says "You *are* ever with me" — not can be or will be in some future time and after you have fulfilled many conditions. No, you are and you have. And again, "I *am* that I am" — not I will be, not I can become so, but I *am* that *I am.*

We recently had thirty-six classes about this — the *I Am, I Have* classes. You do not need the classes; you need only the *awareness* that you already *are* and you already *have.*

This is the key to awakening. I *am*, I *have* — not I am *not* and I *do not* have, and if I study enough, pray enough, meditate enough, listen to enough classes and sit in enough silence, then I can become more spiritual and evidence more of my God self, more infinity, more omnipresence, more health, more love, more success, more wealth, be happier and freer.

No. "To he [she] that hath [to all who are aware of their I-am-I-have God identity] shall be given, and he shall have abundance [an abundance of all that God, good, is in actual, practical experience]: but from he that hath not shall be taken away even that which he hath" (Matthew 25:29) — not taken away by God but by our own lack of God awareness.

We cannot have that which we are unaware of. We can only have that which we are consciously aware of. Do you hear it? If we are unaware of a thing, we do not have it, and we cannot have it until we become aware of it. Awareness is have-ness; unawareness is have-not-ness.

When we believe we are a personal identity (rather than the God identity we actually are) who does not have all that God is and has, we discover, as I discovered time and time again, that even the little health and money and love and security we have, soon dwindles and fails — sometimes far too quickly for our liking.

Even the little money we manage to make or to earn in our businesses quickly dwindles into nothing or into minus figures. Then we have to make the very same effort all over again to earn new money which, quicker than we'd like, is used up again.

It is a revolving circle of effort and insufficiency, of hardly ceasing labor, frustration, and often struggle, pain and fear. As the prophet Haggai explains, “Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes.” (Haggai 1:6)

I lived with fear for seven years, a deep, horrendous fear. As we are awakening, we all go through bouts of fear. It is the hardest existence anyone can go through, I know. I have great compassion for anyone who is filled with fear.

Let me assure you that that which we fear is not true. This instant it is not true. The subject of our fear is a decoy. It has no power in itself, no law or principle to sustain it. It is not an entity in itself. It is false sense; it is belief only; and the moment you realize that there is no such entity as a personal self, all that the personal self of you fears drops away and dissipates to reveal health, wealth and harmony. Nothing of a personal nature can survive when the personal self is no longer present for it to survive “in.”

Realize what you are reading on these

pages. Know — make sure it finally clicks in you — that there is no personal self. There is no "me" vs. "another," "me" vs. "a third one," "me" vs. "7.5 billion."

There is only *one* life. It is God. It is good, and it is you and yours this instant and forever. It forever has been, but that does not do us much good until we wake up and *consciously realize* that God is the only existence, and that God is the whole of its self as the very existence that *I am* and that *all is;* it does us no good until we awaken to the fact that there is no such thing as undemonstrated, unmanifested, intangible, invisible, unreal, ethereal God vs. the opposite of these.

Only when we begin to awaken and realize that *I am* and *I have* all that God is and has this instant and forever; only as we begin to lose our personal sense of self; only as we begin to stop thinking as a personal self and start thinking as a god thinks — thinking as infinity thinks, as omnipresence thinks— and only as we begin to truly know that *all already is God*, do we lose that which seemed to be our problem, our struggle, our fear, our lack and limitation, and begin to experience harmony and limitlessness. We begin to realize that we can do and achieve anything we would like to, without condition, without delay, without limit.

Many students write saying that they would love to demonstrate success and prosperity, to have a more loving relationship, to be free in creative and giving expression, to provide for their families and neighborhoods and to charities in a more substantial way, to live in a more beautiful neighborhood, but that they cannot because they are unable to demonstrate the promises of God. "I do not have the resources, the money, the business skills, the spiritual consciousness," they say. None of this is true. It only *seems* true to the personal self. Why? A personal self can never demonstrate God. Only God "demonstrates" God because *only God is.* Only in a God state of being can we and do we evidence the true good.

You can quickly detect if you're falling into the trap of personal belief by asking yourself, "Is what I believe to be my circumstance true of my neighbor? Is it true of Paul? Is it true of the whole 7.5 billion people on earth?" If it isn't

— which of course it isn't — there is no truth or reality to the condition or circumstance you are experiencing.

God, truth, is universal, one, omnipresent. If every person on earth does not have what you have, then what you have, good or bad, is not of God or truth. And if not of truth then of no law, no principle, no substance to sustain it in your experience.

Our neighbor is not and never can experience the very same condition we experience. So, by definition, if it seems that we lack health, money, opportunity, love or security; if it seems that we are hindered by any category of lack or limitation; if it seems as if we cannot freely express ourselves, freely conduct our business or church or charity, then all of it is belief appearing to be real to the personal sense of self.

It takes a believer to fall foul of belief; and only personal sense believes. Belief and its false forms cannot exist in God sense, in God consciousness. Belief can only find a place to reside in belief consciousness. God consciousness is like the sky to a cloud. The cloud can never attach itself to the sky; it can only pass by or pass through. In the same way, belief cannot find a place to attach itself to God consciousness; it can only pass by or through.

Lack and limitation have no reality, no entity to them whatsoever. Any sensed absence or presence is not a reality — not even a temporal reality. It is pure belief *appearing to be* real to the believer, but never *actually* real.

Only God is; only infinity is; only omnipresence is. This is who you are. This is what your life is. This is what your mind is, and this is what your mind sees and has.

Defer to God

Defer to God. Defer to the *spiritual mind* which is the only truth of mind. Defer to the *spiritual body* which is the only truth of body.

Defer to the *spiritual* thing, amount and condition. Defer to *spiritual* supply. Defer to the *spiritual* place and activity, to spiritual world and universe as the *one* existence, the *one* life, the *one* form.

Defer to *God* that has no humanity in it, no matter in it, no separateness in it, no finiteness in it, no local or temporal form in it whatsoever.

Then, as you defer to God, to spirit, you quickly begin to see truth. You quickly begin to have the visibility of the truth, which is limitlessness, happiness, joy, love, freedom of expression, fulfillment of being and purpose.

The minute you release and let go of the personal self and fill yourself with God awareness, truth awareness, infinity awareness, omnipresence awareness, watch how quickly every limitation releases and dissolves. Watch how quickly your whole experience becomes free. Watch how quickly you begin to experience the God dominion your very existence *is* on earth, among form, because the minute you are full of God awareness, full of infinity awareness, full of omnipresence awareness — no longer thinking in a personal way, a local, finite, temporal way — then, because consciousness *is* experience, the degree of your God awareness is the degree of good form and activity you now see and have.

"Whereas I was blind, now I see." (John 9:25) Now you see and have a greater degree of God, good, visible in your world; you have a greater visibility of the infinity, omnipresence, limitlessness, freedom that you and your world actually are.

"The earth is the Lord's, and the fullness thereof." (Exodus 9:29; Psalm 24:1; 1 Corinthians 10:26,28) We do not hear anywhere in Scripture that the earth is yours or mine, and that you and I are responsible for it. Your earthly experience is not that of a personal self you, nor is it up to a personal self you to have and enjoy its abundant good.

Your health, your money, your loving relationships, your happiness, safety, security and success are nothing to do with a personal self you. "The earth" — which means all objective sense, all formation — "is the *Lord's*, and the fullness thereof." This is the very same truth that Troward gave us. "The whole of the infinitude exists at every point of itself at the same time."

We can go anywhere on or in earth, whether it be into a thought, into our minds, into our bodies, anywhere into our worlds; we can be aware of any category of form, whether it be person, object, place, activity, amount or condition, and realize that that which we observe, "the earth," is "the Lord's and the fullness thereof," therefore is the very presence of — the manifested, demonstrated, tangible, visible presence and form of — infinity and omnipresence.

You Are and Have Infinity

Never judge by appearance. Ignore appearance in and of itself and realize the presence of God. Finiteness will always seem, to sense, to exist, but there is not one ounce of truth to finiteness.

There is not one ounce of truth to any limited or sick or discordant appearance. There is not one ounce of truth to absent, limited or unavailable money; to absent, limited or unavailable health, love, freedom, happiness — not one ounce of truth.

All is God, all good exists right where you are this instant and forever. All of infinity is what you are, and an infinity of any and every good is immediately available to your apprehension *as you release the personal self belief and start* *living as the God-self you are.* Start recognizing all as one, all as infinity, or all as omnipresence, that *allness* being the very existence *you are.*

With this understanding, whatever amount of money you seem to have today in your pocket, in your wallet or purse, in your bank account, or as available credit, or in investments — however money appears to be available to you, whatever "amount" of money or worth it is, whatever "number" it amounts to (large, small, tiny, zero or minus) has nothing to do with what you really have.

A number or amount only *seems* to be true to the personal sense of self; to I, me, mine; to a self that does not know and does not live the *truth* of self, which is infinity (God, spirit), not finiteness (humanity, matter).

Do you see? If we judge by sense testimony alone, if we judge by material appearance alone, then we judge amiss. "Ye ask, and receive not, because ye ask amiss." We judge amiss if we judge materially, if we judge by sense testimony. We can all judge materially and say we have "X" amount of money, "X" amount or quality of health, "X" amount or quality of love, "X" amount or quality of home, and so on. We can describe our home, its size, position, the quality, the beauty, the quietness, the peace vs. the noise or the busyness. Certainly we can all do this if we judge by sense testimony alone. But as we do, we are judging amiss. We are "asking" amiss, we are being aware amiss, because there is not a single atom of matter in God.

What we call *matter* — the material world, the physical body, the mental mind; an object, amount, place or condition — is nothing but our *sense* of that which is one hundred percent God, one hundred percent spirit, one hundred percent infinity and omnipresence.

Sense does not change reality. Our sense, on its own, does not accurately report what is being sensed. *Individual sense can only detect that which is known about the object of sense.* Hence, "Judge not by the appearance. . . . Know the truth, and the truth will make you free."

Realize this great truth and start living it. Start consciously realizing that infinity and omnipresence are the reality of what, to sense testimony alone, appears to be a limited amount of matter, whether it be a limited amount of life or health or money or love or home or business or customers or safety or security or peace. Certainly these images may appear to us, may suggest their reality to us, but we, as truth seekers, must stand on truth and realize that every such apparent "limit" is a lie.

All is God, and God is infinite; therefore all is infinite. Nothing in the whole world is limited; everything of earth is infinite and omnipresent. Think about that. Think how free you become as you wake up to the truth that there is not a single limit or limited thing or condition on earth, and that all is infinite, and that you are and have the power of witnessing, visibly and tangibly, all the infinity you want or need at every step. Think about it, meditate with it, realize it.

Realize that there is no truth to matter in and of itself, to humanity, mentality, physicality or materiality in themselves. The only truth, the only presence, the only form, the only amount, the only quality and condition is God, spirit, which is infinity.

What appears to be is not what is; what is is the omnipresence of the entirety of infinity right where, to sense alone, a limited amount of matter, of person, or of mind or body appears to exist. Can you imagine that? A limited amount or quality or condition of infinity and omnipresence? There is no such thing in the whole of heaven and earth!

Matter does not exist, so there cannot be either a limited amount of it or an abundance of it. Only God exists, and God is infinite and omnipresent; therefore only infinity and omnipresence exist no matter how we sense it or what is believed about each appearing person, thing or condition.

This is the one truth we must know. "Know the truth, and the truth will make you free." Indeed, know the truth. Know the truth that all is God or spirit despite appearance, and then live spiritually, think spiritually.

Refuse to accept the belief in a personal self. There is no such self. But you must *realize* it and stop being hoodwinked by belief into living such a lie of self. The lie is not "yours" but that of collective belief which we all unwittingly accept and live until that moment, that first spark of awakening to the truth of spirit.

Until then, the lives we live have no foundation or expression in reality, in God. We live a personal self sense instead of God sense, and we suffer it. Why? Consciousness *is* experience.

The good news is that there is no truth to personal self; therefore you do not have to lose the personal self, to gradually shake free of it. It does not exist; therefore there isn't one you need to lose. The minute we lose the false sense, the belief in an "I, me, mine," we lose all false effect because belief (false sense) *is* the false effect.

This instant, you are not, and do not have, a personal self with a personal set of circumstances you have to deal with. The only self you are is God self, spiritual self, because no other type of self exists. All you have to do is *realize* this, then drop personal *sense.* Stop entertaining it, stop feeding it with continued belief, stop accepting it. You'll then find yourself free almost as quickly as you find yourself free of sleepiness in the morning.

Exercise the discipline to live as spiritual self, spiritual awareness, the awareness of God being everything you are and have, rather than living with a belief in "I" and "mine." This is the key. No longer live by your name, your believed self, along with everything that believed self constitutes — good and bad.

Lose the whole lie of personal self and its condition. Not a breath or cell of it is true. Because it is untrue, you do not have to deal with it at *its level.* It is *sense alone* which has no truth or reality to it whatsoever. Lift away from the apparent into the real. *There*, as we abide in God consciousness, and feel God abiding "in us," is where reality becomes visible and tangible.

The quick way to the infinity and freedom of being, to the freedom of the world, to the limitlessness of the world's good, is to drop the personal self, fill yourself with God awareness — infinity awareness, omnipresence awareness, spiritual awareness — without even taking thought for human or personal self, for material things and conditions, good or bad.

Watch how quickly the freedom of being and world becomes yours as you "take no thought for the things of life . . . but seek the kingdom of God [infinity]" instead.

If we judge materially, none of us has enough resource to achieve much. Yes, some of us can do more than others materially because some happen to have more skill, money, resources or contacts. But this has nothing to do with truth and this is not the fulfillment of truthful being.

The fulfillment of truthful being is to be the light of the world, to be the supply of the world; to be the love, be the life, be the harmony, be the peace of the world — not just of our "own" selves or for "our" particular families, loved ones and friends. No — such personal existence has nothing to do with the truth of being or the fulfillment of purpose.

Until we grasp this and lift up into sufficient God awareness to be able to live it, we are stuck in personal self belief and we have to repeat a personal self lifetime over and over again, thousands or even millions of times, until that point of waking up and realizing *I am I; I am God-I* because God is the only *I;* the *I am* of me is God-life, God-presence, God-mind, God-body, God-world.

The *I am* that I am is the life of and the very presence of all that God is and has, all that infinity is and has, all that truth is and has, all that eternity is and has, all that love and harmony and peace are and have.

This being true, my one true and fulfilling purpose is God purpose. “Ye are gods.” (John 10:34; Isaiah 41:23; Psalm 82:6) We are each the god of our universe, the god of our experience.

You are the god of your experience; I am the god of mine. You are not a personal self in a collective world of 7.5 billion others, having to labor, struggle and sometimes fight for your good. No, “Ye are gods.” You have God-given dominion over your entire world and everything in and of it. What is that dominion? *God consciousness* — the realization of, the living of oneness; the living realization that all is *I* or *I am;* that all is the oneness of infinity and omnipresence *being* the very *I* that *I am,* the *I* that *all is.*

This being the truth of being, there is only one purpose left in existence and that is to give, to express, to pour out; to *be* the god, to *be* the light, *be* the life, *be* the love, *be* the supply.

This is how the Master was able to heal and feed the multitudes. There is no way that even the Master could have personally contained enough life to heal the multitudes, to personally carry enough food with him to feed the multitudes — four and five thousand men "and women and children too." The "women and children too" multiplies the number by two or three, which totals eight to fifteen thousand hungry people.

How was the Master able to evidence food enough to feed these many thousands, plus have "twelve baskets full" of good fresh food left over? He knew, and was showing the people (even showing the disciples, who were still unawakened to the infinity and omnipresence of God[1]) the limitlessness and immediate practical availability of God as fulfilling form.

I can imagine the Master, after having

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[1] It was evening, and his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. But Jesus said unto them, They need not depart; give ye them to eat. And they say unto him, We have here but five loaves, and two fishes. (Matthew 14:15-17)

shown the disciples the truth of infinity being all, firsthand, for so long, raising his eyes to heaven, wishing with every breath of him that he could show them (in a way they could understand) the reality and practicality of God that would enable them to "do the works you see me do."

Here is the Master presented with what, to material sense, appears to be only five loaves of bread and two fishes, and he, knowing the infinity and omnipresence of God as all form, including food, tells the disciples to have the crowd sit down and prepare to eat, to start handing out the loaves and fishes to the multitude. And the five loaves and two fishes never stopped multiplying until all the thousands were satisfactorily fed, with "twelve baskets full left over.

How was it possible? How is it possible today? How is multiplication evidenced in your, my and any person's real and practical, here-and-now experience?

First, realize that there is no difference between the days of 2000 years ago and those of today. Principle is principle, unchanging, ever-present, omniactive. The multiplication of form — whether it be food, money, business success, investment, healthy body, love and loving relationship, peace, happiness, harmony, safety, security, morality, justice — is the "same yesterday, today and forever."

Then realize that *only God sees God form.* There cannot be a personal self involved, either as a "you" or a "me," or believed to be "out there" as someone else with an unfulfilled need. We have to be aware that the *I am* of being is the very presence of *I am itself,* and *I am* is forever whole and complete.

I am not a personal self. I am and have nothing personal, nothing local, nothing human, nothing mental, nothing physical, nothing material in me or about me, or in my world whatsoever. The *I am* of me is the *I am itself* because there is no other.

My entire universe, world, and everything it constitutes is *I am* itself. Therefore, *I am* exists as all people, all things, all conditions, all places. Can you see, therefore, that there is not, in truth, one hungry person on the planet, and there never has been and never will be?

All people are the very presence of *I am;* and *I am* is always fed, always fulfilled, self complete, whole, indivisible and inseparable from good, from fulfillment.

In spirit, which is the only truth, every being is forever fulfilled. No spiritual being becomes hungry. There is no depletion of nutrition that causes hunger and the instinct to eat. Spiritual being is ever complete, whole, the same yesterday today and forever.

The Master lived and moved and had his being in this awareness. He is undisturbed by the material, structural appearance. The disciples brought material appearance to his attention but it disturbed him not. He judges not by the appearance. He knows the truth that all is the very presence of God; therefore there is not a single hungry or unfulfilled person. There is no absence or any degree of lack of good form, including that of food. All is spirit and its perfect visibility, forever whole and complete, fulfilled.

Jesus looked to heaven — raised his awareness to the heights of truth — gave thanks for the omnipresence of God, and started *giving* of the infinity of loaves and fishes he knew were present. The disciples watched the so-called multiplication of a dire “insufficiency of food” feeding thousands.

In the same way, we watch the so-called multiplication of money “feeding” and filling our world, our family, our business. Your every day and immediate needs are met in this way as long as you are no longer entertaining a personal sense of self in need. When you are living a God realization of self watch how all your seeming needs, including those more immediate or “urgent,” are quickly fulfilled with an abundance of money and of every other good form.

But the moment you believe in an absence of God, good, watch how the principle, even though it is fully present, formed and visible at every point of your consciousness, cannot be sensed. God must be *realized* as the one, all-present reality in order to be *seen* as the one, ever-present good.

There is no such thing as lack or limitation. There is no absence or limitation in God; and because God is the only, there is no absence or limitation of any good, anywhere on earth.

Never forget that matter is simply our *sense* of God. Therefore, if there is no absence or limitation in God (which there is not), there is no absence or limitation of matter. The only "absence" or "limit" is of sense. We have foggy sense. In a foggy atmosphere we cannot see clearly. Any and every perceived problem, as real as it may seem, is not an absence of good, or a diseased or discordant body, thing or condition, but *our being unable to see that which is*, through the fog of material belief.

In material consciousness we cannot see the good that exists abundantly within us and without us. In God consciousness we clearly see all that God is and has — "earth as it is in heaven."

One and Omnipresent

God is one and omnipresent. Think, think! God — perfect, unconditional good — is one and omnipresent.

Oneness, omnipresence — think.

There never is a separate and alone "you," a need somewhere in your life, and a fulfillment of that need (such as healing, food, money, love, opportunity, safety or home) existing in God which, when successfully prayed to, meditated in and sat in silence for, somehow brings together the "three" and makes them whole.

God is; God does not give or supply or heal or make whole. God does not feed the multitudes, produce enough money to pay bills, meet business requirements, or bring harmony about where there is disharmony. No! God *is;* God is *one and omnipresent.*

God *is;* therefore all good *is.* Here is the secret of God consciousness and of evidencing all the good that God *is as* and *on* earth.

God *is — only God is.* Therefore, in God consciousness, earth is visible as heaven, as one, as omnipresent good; "earth as it is in heaven [as it is in God]" is clearly seen.

"Whereas I was blind, now I see."

Only God Is

Only God is, and God is infinite and omnipresent. There is no lack of love or peace or happiness. We cannot believe in lack, disease or disharmony and then attempt to bring God to the scene to heal the problem. The problem is belief-sense. It does not exist as it appears to be. It is a non-entity. The problem is foggy-seeing, not an actual lack, disease or disharmony of form. Going to God in the attempt to heal what is believed to be a real lacking or diseased or discordant entity is guaranteed failure. "Ye ask, and receive not, because ye ask amiss." We ask amiss, and therefore fail, if we go to God seeking a solution to a problem we believe to be a reality — if we seek abundance where poverty is perceived, health where disease is perceived, freedom where limitation is perceived.

Only oneness is — forever self-complete, self-whole, self-fulfilled. In this awareness — in which we have emptied ourselves of material belief, and are now abiding *here*, *within*, in spirit, in a sufficient awareness of oneness, of all being God, of there being no "me" here, no "me" existing as a separate, alone being in a material world filled with both good and bad, struggling and often helpless in the face of insurmountable sickness, lack, limitation, starvation, homelessness and hopelessness — we witness freedom not only in our immediate experience but for all people, places and conditions in our consciousness.

"He Performs That Which You Are Given To Do"

Witnessing abundance, health and harmony cannot be the work or responsibility of a personal self because there is no personal self. "I, of my own self, can do nothing; it is the Father within me that does the works."

Fulfillment is not dependent on a personal you or me going out into the world to earn enough money to survive or to live an abundant, fulfilling life, to maintain sufficient health and energy, to learn sufficient love skills to maintain loving relationships and family bonds, to build sufficient protection to stay safe and secure.

It is not up to a personal self or even a platoon of personal selves to save the world. No amount of personal ability or effort will solve the problems of humanity. Not even the greatest human intent and most ambitious efforts, not even the greatest physical action, will rid the world of disease, starvation, poverty, homelessness, depression, hate, immorality, greed, atrocity, inequality, injustice. Let us not misunderstand what is being said. All effort for good is noble and praiseworthy. But attempting to solve a problem at its own level is at best forever insufficient. It can help thousands; it can pacify, it can provide food, shelter, protection and safety to thousands. But it can never root the problem out altogther. Just as one individual or family receive help two or three or ten more turn up needing the same help. It never ends.

And that is before we look at the daily population increase and begin to realize that even with the best, most consistent, unreserved human and material help, we will never keep up with the next thousands of individuals and families in need who will turn up tomorrow. No; helping physically and materially is rooted in deep human love and compassion, but it can never *solve* the problems of humanity. History reveals it.

Why? A problem cannot be solved at the

level of the problem. Einstein gave it to us like this: "No problem can be solved with the same level of consciousness that created it." The root problem is human consciousness, the belief in separateness and difference from God.

Nothing attempted from the belief in separateness and difference from God will attain true good. Only God is true good. Only God consciousness itself rids human sense of the belief in separateness and difference, of the entire universe of pairs of opposites, and fills our awareness with the light and freedom of true good. "I am the light of the world." The light of God consciousness reveals good right where bad seemed to be real, and maintains that good forevermore.

Only "higher consciousness" solves the problems of "lower consciousness"

To rid humanity of its problems — individual and world — we must be rid of the belief in humanity as being real in itself, and lift into the consciousness of that which life actually is: God.

We are not human beings with mental minds and physical bodies, living on a material planet, each fighting for personal and family survival or prosperity, freedom and happiness. We are spiritual being living in and as the universe of consciousness, the spiritual universe, unwittingly *entertaining* human, material *belief.*

When we rid ourselves of the belief in separateness and difference from God, we discover and live the truth, the freedom of our spiritual existence; we experience self and earth "as it is in heaven." Good, God, has become our real and practical existence.

I Am That

Only God is; therefore I am that.

You already are and have all that God — infinity — *is* as and *has* as mind, body, thing, amount, place, quality and condition.

All the good of earth and beyond is yours and is mine and is all persons'. All things are yours. You are and have the whole of the infinitude as the very existence you are and as everything everywhere in and as your world.

You are the infinitude; you are omnipresence. “Ye are gods”; “I am that I am.”

As you realize all to be spirit, truth makes sense, truth is logical. You can understand truth; and then you can trust and rest in truth. Then, in and “through” your rested, open state of being, you behold the kingdom of good emerging, filling sense, being the truth of all things.

Rest in oneness; rest in truth; rest in the omnipresence of unconditional good.

Rest and freely receive; freely experience the omniactivity of God, good, filling your entire life.

Feel oneness happening within.

Feel infinity filling your conscious awareness and spilling out of your senses, filling your world with the true image and likeness of good.

Feel infinity within you, welling up, flooding your senses, permeating your consciousness, and realize that “I of my own self can do nothing” because I of my own self am nothing; “It is the Father within that does these works” and “It is the Father’s good pleasure to give you the kingdom.

Live with this one true awareness filling your every minute and flowing "out" into every nook and cranny of your world sense.

Then live the rested, spiritually aware and receptive state of being, freely receiving all that infinity and omnipresence are and have, and then — the final aspect of the freedom of infinity — start *giving* of self, thing and amount.

The Tangible Experience of Abundance

There is only one way to evidence, to "have" the abundant good of life. That is to *give it*. None of God, good, exists outside of you — not one person, thing, place, activity, amount or condition. "The kingdom of God [the kingdom of spirit, the true all-of-all, the infinity of good] is within you."

Just as not one sunbeam exists outside of the sun (and the only way the sun evidences its light and heat filling its universe is to give it, to pour it out, to express it), so not one aspect or form of life, good, exists outside of you. The one and only way of evidencing the infinity we each are and have is to give it, express it, spend it, contribute.

Realize that not one grain of the infinity we are, we have, and we pour out is "ours." Remember, we are not a personal self (there is no such entity); we never have personal infinity, personal resource, personal supply. We are the infinity of being forever with the infinity of all that is. It is impossible to deplete infinity whether of life, wealth, love, purpose, idea, wisdom, happiness, safety or security. Our infinity of all *is*, and is never dependent on any personal or even world resources we may or may not have at a particular moment.

"The earth is the Lord's, and the fullness thereof." When we know this truth and give of its infinity and omnipresence — instead of believing *we* of our own selves are and have something to give, little or large; that we have our own resources (which, sooner or later, always run dry) — we are free in infinity and can give ceaselessly, limitlessly and ever more abundantly of the infinity which is the "Lord's, and the fullness thereof."

We no longer attempt to solve problems at their own level, but tap into the infinite resource of the true omnipresent good. Now we find the true and permanent solution to and healing of every problem of humanity. The principle is now ours and we are able to freely show the world how to do the same.

Expressed Infinity Is the Only Evident Infinity

It does us no good to have God awareness alive within yet not in action without. We must live as one whole consciousness in action, "inside and outside." We must start giving freely of even the seemingly little we may have this day, now with the infinity of spiritual awareness, spiritual presence behind us.

Let us say we have only one or two thousand dollars to our name — or a million, or a penny; the appearance makes no difference. In spirit, the rich are no richer than the poor, and the poor are no poorer than the rich. All is one and the same in spirit; all persons are the presence of and have infinity. You are and have an infinity of all on earth this instant and forever. So does every person. "He causes his sun to shine upon the good and upon the bad, and pours down his rain upon the just and upon the unjust."

So here we are with, according to sense testimony, an insufficiency of money. There seems to be too little to pay this month's rent or mortgage, the utility bills which are now due, to buy sufficient food for our family, to fill the car with gas; and there certainly isn't enough to afford a luxury or two, or to take a few day's much needed vacation.

What do we do?

What is the one most real and practical — and instant and permanent — solution?

"Judge not by the appearance. . . ." We ignore the appearance as being a lie of collective belief, an absolute non-reality presenting us with a false picture.

Then, immediately, we lift into spiritual awareness in which only God fills our consciousness. In God consciousness, every form of good, including money, is infinite and omnipresent. If we need to (and most *do* need to until they are living 24 hours a day in a good degree of God consciousness), we find a quiet place and devote one or two hours to filling our minds with God until that feeling of satisfaction comes — the point where we *feel* the truth of God being all.

At that point, *rest.* Be still, silent, spiritually receptive, and simply let God be God as itself within you. Let God get on with being God, and quickly, the fogginesss of false sense that hindered you from seeing the true image and likeness of God disperses and dissolves, and you find yourself filled with spiritual sense, spiritual substance and form, spiritual vision.

At that point start *giving* of even the "little" you have. Realize that, as you give — in fact, the very *act of giving* in the consciousness of infinity (which is the consciousness of the ever-present, demonstrated, manifested, tangible, visible real presence of infinity) — more and more becomes evident.

Giving Is Itself "Receiving"

In the consciousness of infinity and oneness, the very *act of giving is itself* the evidence of abundance.

Watch how the act of giving releases infinity as the ever multiplying visible abundance of the very form we are giving; and, in fact, of many other fulfilling forms too. In God consciousness — oneness and infinity consciousness — all giving is giving unto yourself. "Give, and it shall be given unto you; good measure, pressed down, shaken together, and running over shall men [people, things, the world] give unto your bosom."

"Cast your bread upon the waters, and you shall find it." Only as we place it out there do we see it and have it. The more we place out there, as the consciousness of the presence of infinity, the more we have because there is not a single grain of good anywhere in the kingdom of heaven or of earth except that which we *are and have* as God beings.

The bread we know exists nowhere but within us, and that which we, therefore, get busy impartially casting upon the waters of our life, *is the bread* that comes back to us multiplied.

It is our awareness — our conviction — of spirit being all, and our ceaseless *giving* of all that we are and have, that multiplies our experience of good; that "comes back to us" as ever multiplying amount. Multiply it does — "some an hundredfold, some sixtyfold, some thirtyfold" — because when we are *being* the principle, the principle infallibly operates in and as and for us. It has no choice. Wherever we are, and no matter what the appearance of lack or limitation may be, infinity flows from us, harmonizing and fulfilling all, because we have lost sufficient personal sense and live *impersonally* as the presence and infinite resource of God by continually *giving of it.*

In God consciousness we are "earth [objective sense] as it is in heaven"; we are spiritual being with no lack or limit, no discord or disease anywhere in us or our bodily, earthly experience.

The Secret of Abundance

Let us be clear about the principle, the secret of abundantly good life. Again, like the sun, as we *give* of the spiritual substance, presence and form we are and have, we see it filling our universe. Giving does not cause a reaction which flows back to us, even though this is what it often *appears* to do. Giving *is* receiving.

Only as the sun gives of its light and heat is its universe filled with it. In this very way, it is only as we give of our infinity in God consciousness that we watch whatever it is we're giving, plus many, many other forms of good too, multiplying in our experience. "Cast your bread upon the waters" and the bread you cast shall come back to you multiplied.

This is how the sick are healed, the hungry are fed, the poor are enriched, and those lacking spiritual light are illumined and comforted. This is how to fill your life full of health and wealth, full of abundant fruitage, including the fruitage of money. This is how: *give* it away, *give* it to your world ceaselessly and joyously.

The only way to have an abundance of money, an abundance of food and clothing and home and safety (so much so that it spills out and supplies, feeds, clothes and houses the multitudes, with twelve baskets full left over); the only way to witness an abundance of every good on earth that enables you to give very generously to charities, to good causes, to individuals and families, even whole communities in need, to build homes for the homeless, to supply water for the thirsty and clothes for the naked is to *be the gods* our worlds, to be the light of the world; to give, serve, express, contribute everywhere we are and in all that we do — to realize and to daily act on the realization that, as gods, if we do not put God-good out there God-good does not exist out there for us.

There is no lack or limit anywhere in the mind, body or earth, at any time, under any circumstance. No appearing discordant or sick or poor person, thing or condition is as he, she or it appears to be. Infinity, omnipresence, is all that exists. It is ever at hand in the most real, immediate and practical way.

The Master demonstrated the reality and immediacy of infinity in the feeding, healing, prospering and pacifying of the multitudes. And you and I can demonstrate the same unconditional limitlessness right where we are today, *by the degree* that we lose the sense of personal self and lift up and live in God self, and then realize that our one fulfillment of purpose is to *give, serve, share, contribute* all day long in as many ways as we possibly can.

This includes sitting in two, three, four or more hours of silence each day, being the light of the world for the world; being the food, being the supply; realizing, as we're sitting in silence feeling the presence and activity of God in us, that *I am* is all that is, and is infinite, omnipresent and forever instantly available as limitless, visible, real good.

Being the "I Am" Presence of Infinity

As you sit consciously realizing this, and feeling the presence and activity of God within, you *are being* the light of the world, *being* the supply of the world, *being* the life, the health, the freedom of the world.

When you sit and realize that I, Paul, or your neighbor, your friend, your love, your family, even your enemy (for there are no actual enemies other than those of belief), and your entire world of 7.5 billion of you are *I am* — the very presence of God —and, therefore, each is and has all that God is and has, then *you are being the light of the world.*

You are being my light, you are being my supply, you are being my love, my life, my healing — by sitting in the secret place of withinness knowing (contemplating if necessary, the truth of) God as all, and then by being silent and open to spirit, letting the silence, the presence of God, live you.

It is the Father within me that does the works . . . It is the spirit that quickens, the flesh [human, mental, material effort] profits nothing: the words that I speak unto you [the presence of God that you feel within], they are spirit, and they are life. . . . Not by might, nor by power, but by my spirit, says the Lord of hosts [says the truth of all].

Realize God as the one life appearing to sense as all 7.5 billion people on earth. Realize God as every thing, every place, every amount, every activity, every condition. This is spiritual awareness; this is being the light of the world — feeding, supplying, comforting, freeing the world.

Now watch how you experience infinity and limitlessness of all form, including that of money; and now tell me, how are you limited? What can you not do? What can you not achieve? What can fail to be a glorious success?

When your inner urge is to want to do this or that; when you feel that you would love to be involved in this or that, that you'd love to express in this way or that, that you'd love to help in this way or that, that you'd love to fulfill your expression and purpose in this way or that, the feeling is true. Act on it immediately by starting to give, serve, contribute.

It might be that you want to start a business or a new charity, it might be doing good somewhere in your neighborhood or throughout the world, it might be to write a book or make a movie, to create a new TV program (whatever it is you feel is within you and that you would like to be and do). Whatever it is, act on it. You are limitless. The only thing for you to do is realize it and then go out and be it, do it, in the consciousness of and fully trusting the presence of God as all.

Dominion Over All in Earth

You are and have dominion over all the earth. Read Genesis 1 and 2:1-5. You have dominion over all that the world is, all that your objective sense is — every person, form and amount. You have dominion over your entire experience and every form of it by realizing it as the very presence, the very form, the very life, the very being, mind, body, the very world that is *God.*

Insist on demonstrating this one truth. As you do, you will witness — as you live by the presence of God, empty of personal self sense — the feeding of more and more of the world, the healing of more and more people, the emerging of more and more safety and security, justice and morality in the world, the opening of the hearts of love within more and more people in your consciousness.

Being about the Father's Business

This is the only real purpose for the teaching and practice of The Miracle Self. The world does not need another truth teaching; it needs truth *realization* and *activity;* it needs the *realization* of the presence of God, not more teachings *about* the presence of God. We have only truly heard and understood truth as we drop the belief in and effort as a personal self, and lift into our truthful selfless selves, then get busy giving and serving of our infinity, being the gods of our existence, being about the Father's business instead of ours. "Do you not know that I must be about my Father's business?"

We must be among those few in the world who are sufficiently devoted to truth so that our primary purpose and fulfillment is that of being the light and freedom of the world.

Is it possible for you to be the presence of God that evidences infinity not only in your experience but in and for the good of all in your consciousness? Of course it is. Why is it an "of course"? It is not up to you but up to your consciousness of God and up to your willingness and patience to be the "open window" through which selfless blessings upon blessings pour "so that you shall not have room enough to store them," and through which discord, disease and pestilence are harmonized and healed without a single mental or physical effort.

"Not by might, nor by power, but by my spirit, says the Lord of hosts."

Nothing Is Impossible in God Consciousness

Nothing is impossible to you as long you lose the personal sense of self and live by *beholding* the presence and activity of God — not through any activity or effort of your own, but by "my spirit"; by the very omnipresence and omniactivity of God revealing itself in and as and through your silence.

In this way you *have* and forever evidence the limitlessness of all form, including money. In this way you are able to go out and feed the multitudes in your neighborhood, in your community and even throughout the world. In this way you are able to go out and heal individuals, dozens or thousands (the "number" makes no difference) who come to you with illness, disease or injury. You have the power this instant

— you always have had. It is just a matter of now awakening to it and then living it, being it, giving it.

Lift your awareness and witness your infinity of being this hour. Lose the belief in having to make personal effort for the good and abundant things of life.

Lose the belief that you are limited, that you cannot do whatever it is you truly want to do. There is no truth whatsoever to limit or inability, or to separateness from the infinite good.

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Finally, let us clear up two myths about God or truth that greatly cloud and hinder awakening. . . .

Two Myths

One common myth still somewhat held to has to do with "the will of God."

More students than I care to count write me saying, If it be God's will that I have abundant money then I will, but if it is not, then I will suffer it to be so this lifetime.

Now look, God's will is already done. The kingdom of God is finished, which means the kingdom of *all* is finished. Again, read Genesis 1:1-31, and Genesis 2:1-5. "God finished the heavens and the earth and all the host of them . . . And God saw everything that he had made, and, behold, it was very good."

There is no will of God other than the *dominion* of God as all-of-all. You, I and all people are and have all that God is and has — the truth, the freedom, the dominion of the world as a god; as spirit and as truth; as the very presence, formation and visibility of infinity itself.

How can there be greater power and freedom than having the infinity of all in the world and beyond? How can there be any greater power and freedom than being and having the omnipotence and omnipresence of all that God is and has — infinitely, eternally, unconditionally and ever at hand?

Wherever you are the *whole* of God is — every good, limitless, omnipresent, eternal form and condition. Where in this truth is the will of God that decides your fate verus mine versus another's, versus the Master's?

The so-called "will" of God quoted in scripture means the *presence* of God, the *omnipotence* of God, the *truth* of God being all-of-all; the unlimited, unconditional and omnipresent good that existence *is being as you, me, all.*

Please no longer believe orthodox teachings about the will of God deciding whether you are to be healthy or sick, whether you are to enjoy abundance, success, love, happiness, purpose or their opposites. There is no such will of God in all of heaven and earth. There is not even such possibility. God *is;* and being *is* — being *principle* — God is as incapable of "willing this or that" as math is incapable of willing 4 x 4 to be 10 or 2 x 5 to be 16.

You are — your very existence is — the living presence of every God quality, amount, activity and condition. The very presence and principle that is God *is that* which is you. It is who you are, what you are and what you have. The way of fulfilling your life, your purpose, your wealth, your happiness, your freedom is to *be* all that God is *for your world.* God's "will" *is* your *now* whole, harmonious and joyous life fulfilled in every way and form. "I am come that your joy may be full."

A belief in God's will for you, good or bad, free or bound, is just as ludicrous as believing that if it be aerodynamic's will today then you will fly to your desired destination; but if it is not aerodynamic's will you will have to stay right where you are and suffer it to be so. Nonsense! Aerodynamics *is;* aerodynamics is *principle*, invariable, unchanging, ever-present, ever at hand, ever practical.

We can paraphrase the Master; "The kingdom of aerodynamics is inside you and it is outside you." The principle of aerodynamics is finished, whole and complete, the same yesterday, today and forever, one hundred percent operative and omnipresent, one hundred percent real and practical. It does not, it *cannot*, operate for you or me personally, independently, separately, differently. Aerodynamics *is*. That's the beginning and end of it.

The very same applies to God or truth or infinity. God is *principle*, not caprice. You are the principle, the one *I am;* and principle is finished. That principle is, "Son, daughter, you are ever with me, and all that I have is yours." The whole of infinity, the whole of omnipresence, the whole of good without limit is yours this instant and forever.

The way to *realize* it, the way to *witness* it, the way to *see* it, the way to *have* it and be able to pour it out, give it, contribute, express without it ever running dry is to *be* and to *act out of* God consciousness, not personal sense of self consciousness; to rest in God many many times throughout the day — simply rest in and as *is*, abiding in God and letting God abide in you; and then to *give*, *give*, *give* morning, noon and night in every way you can, in service, in things, in sharing, realizing that the only way — the *only* way — to have the true and invariable abundance of health, money, love, harmony and of every other category of good is to *give it.*

If we do not give, we do not have. All of infinity exists within us. It is as we give it that we see it; it is as we express it that it fills our world with its good, revealing "earth as it is in heaven" — as it is in truth. Remember, the giving *is itself* the "receiving" — do you see? The bread we cast upon the waters is the bread that comes back, and it comes back multiplied because as we keep giving of our infinity, our senses are ever more open and vital to the infinity of all things.

◆

The second myth is accepting (and making excuses for) the belief that although God is felt within, good is absent in the outer.

Many students tell me that they are full of God, full of light, full of peace; that they have many periods throughout the day in which they feel the presence of God very palpably. I know they are sincere. Yet, the next thing they say is, “My outer experience is barren of good; what I experience within isn’t showing up in my world.”

You see the incongruity?

It must be realized that having an inner sense and satisfaction of God, yet having an outer absence of true good is not God consciousness. It is divided consciousness. What are we told about a divided consciousness? It shall fall. “Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand.”

We cannot have God within and matter without; incorporeality within and corporeality without; spirit within and humanity without.

God is one and omnipresent. It is impossible for God to be divided and separated into an inner completeness and an outer incompleteness. God is one, omnipresent and self evident; God is self demonstrated, self manifested, self visible. When we live as the oneness of God self, we have and see the oneness and omnipresence of all and invariable good.

Let it be clear. If we are living as a divided consciousness with God inside and humanity or materiality outside, we are not living as God consciousness.

It is not up to you or me or even to the Master to evidence God as form. *God is already evident as all form.* God is the very substance and presence of all form, the very visibility of all form. But if we are looking for spirit with material eyes, we are blinding ourselves to that which is.

Only God sees God because God is all there is; only God consciousness sees God form. We cannot experience God within and then go looking for it as physical or material improvement or healing or wealth. The minute we look for spirit in or as matter we've blinded ourselves to it. But as we look for spirit *as spirit* — as we are satisfied with God alone, as the *now and forever whole and complete all-of-all* — we will never look to the physical or to the material in and of itself, yet will behold the physical and material as being, or quickly becoming healthy, wealthy, loving and harmonious.

If we live a divided consciousness, we cannot be the light of the world, the supply, the health, the healing of the multitudes, the food for the multitudes, the home, safety, clothing or water for the multitudes. We are of no spiritual use to the world or to ourselves. We are not being the god of our world.

So you see, a divided consciousness is not the truth of being. My answer to all who claim that they do have a God consciousness yet are unable to heal, feed and be the light of the world is a loving *No*, you do not yet have God consciousness, but keep going; you are well on your way.

It is only as we are *being* the consciousness of true oneness that we are able to fulfill our purpose which is to be the light of the world, be the food, be the supply, be the health and healing, be the love, be the comfort — perfectly tangibly and visibly as and for the world.

Then we are being that which the Master instructed us to be, and showed us how to be. And then we are free.

"The works that I do shall you do also,
and greater works than these shall you do."

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PAUL F. GORMAN

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PAUL F. GORMAN is a mystic and prolific teacher of spiritual principle and wisdom. His teaching, The Miracle Self, is practiced in 93 countries.

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PAUL F. GORMAN

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Rise in conscious awareness—this is the entire secret.

As conscious awareness rises, detaching from and
leaving behind belief, ever greater degrees of heaven
become visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, things and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the dissipating
fog of belief.

Indeed, "As in heaven so on earth" emerges as the one reality.
The false bondage of material sense is dispelled, and the
unconditioned experience of man, earth and universe
is experienced harmonious, peaceful and free, in love.

Paul F. Gorman

Awareness Itself: Being Aware of Awareness Itself Is the Key

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INTRODUCTION

Eight years ago, I posted a short essay on the Miracle Self website titled *Awareness Itself: Being Aware of Awareness Itself Is the Key.* It has consistently been among the top twelve (of over 3600) of the site's pages ever since.

Awareness Itself is *I (God),* the true identity of being, the substance, form, and activity of all that we are, inclusive of all that constitutes the universe we are aware *of.* Awareness Itself is the one, all-of-all, inner and the outer.

What appears to be "three" — *we,* that which we are aware *of,* and that which we are aware *with* — is one and the same existence, presence, form, and experience.

Awareness Itself has been called and is synonymous with *God, Consciousness, Spirit, Truth, Infinity, Omnipresence, Omniscience, Omnipotence, Presence, I, I am,* and *I am that.* Perhaps *Awareness Itself* registers most deeply for many.

Becoming consistently aware of, and living as Awareness Itself is the key to witnessing the infinity of good within and without. As we gently yet consistently remain aware of Awareness Itself, the good of unconditioned experience becomes our reality.

Being aware of Awareness Itself is the key.

As we become more aware of the infinity of our awareness instead of believing the appearing limits, lacks and dis-

Awareness is infinity. Therefore, as we are aware of Awareness Itself, and let it live us instead of our attempting to use our limited, finite sense of awareness in order to experience the fulfillment of life, we quickly discover that an infinity of good people, things, amounts and conditions fills our experience.

It requires just a subtle shift in awareness and attention. That shift, gently yet faithfully maintained each day, is our access to infinity.

I have watched students struggle with *awareness* for years. Now, this book guides us from human, material sense of awareness (which hinders, binds, limits; gives the false impression of diseased, disharmonious, lacking, limited, immoral, or unjust experience) to that of Awareness Itself, which fills experience with the illumined forms of truth (health, abundance, love, harmony, peace, freedom and fulfillment of purpose).

Even as we "touch the hem" of Awareness Itself, the doors of infinity and harmony open. Our sense quickly begins to detect harmonious person, thing and condition; the fog of false sense dissolves revealing the fulfillment of form (as early morning coastal mist dissolves in the light of dawn revealing a clear and fulfilled ocean), and we begin to witness harmony and plenty where, before, there appeared to be discord and lack.

None of God, good, is absent or unavailable to immediate, tangible experience. Good is not far off but is "closer than breathing, and nearer than hands and feet". ("The Higher Pantheism," Lord Alfred Tennyson) This minute the good you sense as most needed exists right where you are in fully manifested, demonstrated and visible form — whether the need is health, prosperity, love, home, business, safety or security.

As soon as material sense is lifted to that of Awareness Itself all sensed discord, disease, lack and limitation dis-

God (fulfillment, true identity) can only do *for us* what it can do *through us.* If true identity is not understood, it cannot *get through* our belief in its absence. No matter how consistently we study, pray, meditate and sit in silence, we are unable to see and to have the objective forms of true good in real and practical experience. "Know the truth, and the truth will make you free." We have to know truth before its reality and visibility become tangible to sense.

Practicing the Presence of Awareness Itself

Working closely with hundreds of students over these years, I have found that practicing the presence of Awareness Itself evidences marvelous fruits for those who give it their daily devotion.

The idea of attaining "God consciousness" is difficult for many, but changing the terminology frees us from deeply imbedded beliefs in separation and difference from God.

When we awaken to our true identity and withdraw our attention, our sense of need, and our effort from the people and things of outer sense, maintaining our awareness of Awareness Itself, we discover the miracles of health, abundance, harmony, and fulfillment of purpose are freely ours. Awareness Itself felt within is the "cause" of its outer image and likeness being evident, and harmony prevails.

Acts of Awareness

As you read on now, realize this (from a recent *Awareness Itself* class):

> Here is the great secret. If you can hear it, if it registers within you now, your life and circumstances will transform almost instantly and forever.

Because all is Awareness Itself, it is not by mental might, physical effort or material manipulation but by *acts of awareness* that we discover our true identity and the harmonies of life. It is by acts of awareness that truth becomes visible, tangible, real; that healing takes place, that prosperity takes place; that the multiplication of loaves and fishes, of dollars, of business success, of opportunity, of love, of spiritual realization comes about in individual experience.

P.F.G
April 21st, 2018

CHAPTER ONE

AWARENESS ITSELF

Awareness Itself is what you are. Awareness Itself is what every person, thing, and condition is. Awareness Itself is what the infinity of your universe constitutes. Awareness Itself is what has been called God, Consciousness, *I* or *I Am,* and other synonyms.

This minute, you are and have all that Awareness Itself is and has. The collective belief you hold about it and your personal sense of it finitize your awareness but never your reality. You see only a minuscule fraction of a fraction of that which you truly are and have, that which is the infinity of good filling your mind, body, and world.

Feel Awareness

Begin to feel the presence of (experience) your awareness. You do not have to think about or do anything with it. Simply *feel — experience* — your awareness "happening."

You do not have to understand anything about it. Simply *feel* it happening.

Relax in it. Truly let go in it. Yield your sense of awareness to Awareness Itself. Let Awareness Itself take over. Begin to feel the deep peace welling up, filling you.

Even though it may seem to be contained within your physical sense, it is not. It fills your universe. It is inside you and outside you. It is your all-good, your truth, your safety, your protection and your protect*or* itself. It is what has been called spirit and truth, the finished kingdom of all.

The authority for what we are to hear will unfold through the pages of this book so that you have real and strong certainty about the truth, about the unconditional good that is yours at every moment and is instantly available to your apprehension, to your experience at every moment. For right now, though, realize (or begin to be open to) the fact that the awareness that you feel *is itself* your infinite good, fully formed and visible throughout every aspect of your life. As you begin to awaken to it you will quickly experience its harmonies and joys.

This pure awareness is and sees you — your truth, the you you truly are, the mind you truly are and have, the body you truly have, the world you truly experience — as its perfection, wholeness, completeness, eternity, invariability this instant.

We are going to discover how to lift into that state of non-self (non-personal self) in order that awareness sees *for us, is* for us, *is being* everything we are being *for us,* is aware of everything we are aware of *for us* — not as we believe it is, but as it truly is, right here on earth.

We are not speaking of an ethereal awareness that removes us from our immediate, three-dimensional, so-called "human, worldly, physical, material" experience. There is no such different existence. This, right here where you are, is the one kingdom. "The place upon which you stand is holy ground." That statement is being uttered to each and every one of us, not just a holy man of three thousand years ago. You are the holy woman and man, and the place whereon you stand is holy ground; the place of your existence this day is holy ground, is God. Whatever seems to be going on, good or bad, in your life is not in itself what is actually happening, what is actually present where that situation appears to be. What is happening is *truth.* The only presence is truth (God, good); the only person, thing, activity, amount and place is unconditional truth.

As we learn to drop our personal sense of awareness and lift into the state in which Awareness Itself sees, hears, tastes, touches, smells and thinks for us — *as* individual us — then we have the tangible, visible reality of good or God.

Realize, know, accept that this Awareness Itself (not our sense of it, but the Awareness Itself we experience) is the kingdom of God (the kingdom of good) fully formed, fully visible, fully manifested, fully demonstrated, fully real, fully practical, as the entirety of you, the whole universe of you, every grain of you, every aspect of your experience, your life — every, *every* aspect; every being, thing, cell, atom; every form, every amount, every activity, every place.

It is all the kingdom of truth, the kingdom of God. Why is that true? Because the kingdom of God is the only kingdom. The being that is God-being, spiritual-being, is the only being: "I am the Lord and beside me there is none else." "I am your God and besides me there is none other." Oneness is all there is.

Continue *feeling* (experiencing) your awareness. You may understand it or feel it more as *presence.* Feel your *presence,* feel your energy, if you like; feel *you* "happening." Become aware of your Awareness Itself — the *substance* that is your awareness.

It does not matter what you are aware *of;* it has no consequence. There is no need to try to be rid of any particular thoughts or concerns; do not try to replace bad with good awareness. Go just a little deeper and feel Awareness Itself.

Now take this statement, this truth, gently into your mind: *Being aware of Awareness Itself is the key.*

The realization of this truth is not only the key but is the open door to the kingdom of infinity, the kingdom of unbounded and unconditional good — real, tangible and visible.

Being aware of Awareness Itself is the key and the open door to the kingdom of infinite good.

As you read these pages, as the message unfolds chapter by chapter, stay aware of Awareness Itself as best you can; keep your sense a little deeper than that which seems to be.

In other words, the voice of this message, your hearing of this message is actually your *being* this very message, this very truth, coming through as your fruition. This is what is actually happening. The message appears to come from teacher but there is no outer, separate teacher. Awareness Itself is teacher because Awareness Itself is all. The whole of God exists in and as your awareness. The presence you are, the awareness you have is the entirety of God being individual and unique you. Your entire universe exists within and as you. This message is the abundant bud, blossom, and fruit coming through into your awareness, filling the branches of your experience. You are hearing it; it is your truth, your awareness and your fruitage becoming the visible reality of your life.

Realize this truth. The way of it, the way of seeing it, and quickly so, is to keep going back (as best you can) just a bit more deeply within so that you are aware of Awareness Itself. There is no magic to it; simply pay attention to Awareness Itself rather than the things you are aware *of* in themselves.

In that state of being, you are open. You are standing right in the doorway of heaven, enabling (by standing in the doorway) heaven to see as and for you, to be your mind as and for you, to be your body as and for you, to be your world as and for you, to be your family, your partner, your husband, wife, relationship, your home, your business, your finances.

As we are there being aware of Awareness Itself, we are in that doorway enabling heaven or God or good, or truth, reality, existence itself, the creation itself (whatever word or synonym we wish to use) to be and see *for us.* As Saint Paul said, "I live, yet not I; Christ lives my life" — Buddha, spirit, truth lives my life, that which truly *is* lives me. This is the key.

When we start to feel the spark of awakening within and believe that it will take an immense spiritual realization or breakthrough for us to arrive at the place of freedom, it isn't true. We are awake now. We always have been, but we have been miseducated (unwittingly, of course) to believe that awakening takes a long time, maybe even many lifetimes. Spiritual teachings have unfortunately miseducated us.

Interestingly, the one teaching that never mentions a period of time involved in awakening is the Master's. I have always preferred to study the Master first and foremost. He is the one individual who has demonstrated the truth beyond measure and revealed and taught every principle of doing so. In fact, he told us, "He that believeth on me, the works that I do shall he do also; and greater works than these shall he do." (John 14:12)

The only truth is oneness; the only truth is that I *am* that, not I can *become* that if I study enough, if I rise enough spiritually, if I become a great spiritually realized being, and that when I arrive at that point what the prophets say will become true for me; *then* I live yet not I, Christ or Buddha or truth or God or good, reality, existence lives me; *then* I'll be able to witness the multiplication of the loaves and fishes, the healing of the body, unconditional love, wonderful harmony throughout my life, purpose fulfilled.

No! I *am* that, and that is *all* I am; that is *all* I ever have been. In fact, *I am that* is all I possibly can be. I cannot be anything else because the *I* that I am is the *one I* which is God, good, reality, the one existence.

I can be, as a personal *sense* of self, *unaware* . . . yes. There's the problem, but never am I not the whole kingdom of good, the whole truth of existence.

That which I seek, that which I believe I do not have but need, that which I am struggling with for a solution, a healing, sufficiency, prosperity, harmony, love, that which I seek, *I already am.* "Son, [daughter,] you are ever with me, and all that I have is yours," (Luke 15:31) not *will be* one day in the future, not *can be* if you do A, B, or C. No, all that I have *is* yours.

I am that I am. The place upon which you stand is holy ground, even if it looks like disease, poverty, homelessness, unhappiness, hopelessness; even if it looks like death, it is not. There is no such reality as these, there is no death; there is only harmony, wholeness and completeness; there is only life and the fullness of life. "I am come that ye may have life, and life more abundant."

I am come. . . . What does this mean? *I* am now permeating your sense, your awareness, but hear it . . . *I am* come, not you need to make me come, or find me somewhere. The very *I* that we all are *is . . . is, is already* the whole kingdom of good, perfectly real and visible, tangible, at every place human sense deems good is needed, or healing is needed, or sufficiency is needed, or love is needed, peace is needed.

Nothing is needed apart from our *awareness* of that which we already are and have. That is it, and the key to it is what we have heard: *Be aware of awareness itself,* not that which seems to be, not that which we believe we are aware of. Forget what we seem to be aware of. Good or bad, it isn't, in itself, that which is.

However, that which *is* — the one and only truth, the one and only truthful existence, the one and only truthful life, mind, body, place, amount — does not through our senses look different from our "human" and "world" form. It simply now looks truthful and acts harmoniously; it appears as it truly *is* — the image and likeness of God, good.

We all still recognize each other; we all still recognize our homes, our businesses, our neighbors, our universe. Except . . . as *Awareness Itself* sees for us and as us, experiences for us and as us, *is* for us and as us, we see the universe as it truly is; we see each other as we truly are — divine spiritual being, spiritual mind, spiritual body that cannot be diseased or injured. We and our bodies are immune — untouchable by the world and yet perfectly visible to both material sense that does not and cannot see its truth and to us as spiritual or Awareness-Itself beings simply aware of the truth of being and the world we live in. "I am in the world but not of it," the Master says, and we can say it too. We know it too; we experience it as soon as we are living by *Awareness Itself* instead of a personal sense of self.

God Consciousness; Realizing God

Long ago I spent years trying to grasp and live by this term "God consciousness," and failing miserably. What is God consciousness? What is "realized God"? I had so much trouble with that word "realize" or "realized." How do I *realize* God? I had no idea. This, by the way, just like you, is after reading hundreds of books and listening to scores of classes, just as most truth students have done. After all my effort I still had no idea how to realize God or how to live as God consciousness. The fruits of God consciousness were nowhere to be seen in my life.

I obviously did not realize God; I did not have God consciousness. Then one day, I saw that there is an enormous difference between our *sense* of consciousness (that which we have been educated to believe is our consciousness) and that which consciousness *actually is.*

It was clear that if God is one, if truly, truly God is *one* and there is nothing other than that oneness, then, of course, everything is that one. There cannot be anything else; there cannot be anything different whatsoever, anywhere throughout the infinitude, if it is true that God is the one and the only.

So starting with that principle, accepting it as literal fact, I understood that there cannot be two different states of consciousness. There cannot be God consciousness and then human consciousness. There cannot be capital-C Consciousness and lower-c consciousness in oneness. Where would two different states exist in oneness? Unless, of course, oneness was really twoness, in which case it never was oneness to begin with. Be assured, there is but one consciousness, and it is God.

Then I realized something which was a mighty awakening for me. *I can certainly, in personal sense, be less or poorly aware of consciousness* . . . yes. I could entertain a poor *awareness* of consciousness. I could have a dark or dim or foggy awareness or *sense* of the consciousness *I am,* which is God.

That, I saw, is my problem — not that God is not the fullness of its consciousness, meaning that God is everywhere present right here and now; that God is the only *I* that *I am* because God is the one and the only existence.

This must be true and is true. God is the only mind; God is the only body.

There is not more than one body. If God is one, God is the only, God is the infinitude, God is the omnipresence, God is the eternity, then there cannot be anything else or different or separate or less; and indeed, there is not. This body is the one body *individually sensed . . . yes,* nevertheless the one body.

All of us could step into one ocean yet we would each have individual experience. It is undeniable. Not one of us would fail to have our own individual experience of the one ocean. The water I would be in is not my water, separate or different from your water. It is the same ocean, yet individually experienced. And this is true of what we actually are — the one God, the one infinitude, the one consciousness *individually experiencing.*

I realized that the whole secret, therefore, of evidencing good — of healing, prosperity, love, peace, and harmony throughout the universe (my universe, my individual sense of the one universe, the one infinity) — is to *awaken to* that which *is;* not to believe that I do not *have* that which is, but to *awaken to* that which *is.*

This is what the Master is instructing us when he says, "Whosoever hath not, from him shall be taken away even that which he hath." To those who are unaware that the *I* of them is God, who are unaware that the *I* of them constitutes all that God is and has, who are unaware that the whole kingdom of God is within them as the very *I* of them, even that which they have depletes, becomes old, decrepit, unreliable, turns into lack and limitation.

We all know it is true, that at some stage in the experience of the personal self we age and eventually die, and usually along the way, we suffer: we may find our body diseased; we may become weak and lose some of our faculties; we may experience pain and suffering — as a personal self.

However, the Master gives us the secret. "Whosoever *hath,* to him shall be given, and he shall have more abundance." An abundance of truth shall be ours. What does this mean? We *awaken* ever more to that which *is.* Our spiritual eyes are opened ever wider and we *see* as reality and practicality ever more of our truthful being, our truthful mind, body and world, our truthful husband, wife, partner, love, family, home, business, finances.

We *have* an infinity of good in every category of life because the kingdom of God is within us. When we are *aware* of this truth we *see* ever more of our infinity. We also experience ever more of our eternal life.

Death does not exist. Life is the only existence. God is life, and God is the only — invariable, eternal. God is the eternal now. If you are alive now, you are alive for eternity because now is eternity. Eternity does not stretch off into the future somewhere or somehow. Eternity is now. Eternity is the very *I* of the I that is you. And what is the *I?* It is *Awareness Itself.*

As you lift away from personal sense, as you detach from the belief of person, thing, condition, place, amount, and activity being real in themselves, into *Awareness Itself,* and as you start feeling, start experiencing, Awareness Itself living itself as you and for you, that is when you start experiencing your truth, the fulfillment and eternity you are, in real and practical terms.

We start discovering our fulfilling purpose on earth. We start witnessing the miracles of life, at least so-called miracles to material sense. The impossible seems to start happening. Very often the "miracles" of life seem normal and natural unfoldments or "coincidences," and they *are,* in truth. Wonderful, timely good shows up just where and when it's needed, through the normal channels or activities of our world. Nothing about our world and its ways is different from God, from truth, from fulfillment at every step; but to material sense it seems so. To material sense, God experience is a miracle. To those who live in truth, all is the boundlessness of that which *is.*

Truthful life is wondrous, joyous, boundless and unconditional, but not a miracle. God is the truth of existence, which is not a miracle but simply that which *is* (just as math simply *is;* the harmony of 4 x 4 = 16 is not a miracle, but simply the *is* of math. The same is true of the truth, the principle that is God).

I once heard a spiritual teacher talk about "divine intervention." There is no such thing. Divinity cannot intervene any more than math can. There is nothing to intervene in or for or to, because all *is* divine, all *is* God, all *is* truth, already.

Realize, realize . . . all *is* the kingdom of truth. You *are,* the very *I* you *are,* the very awareness you are aware *with,* is the kingdom of God, good — fully finished, fully perfect, fully evident, fully visible right where you are. The whole of infinity and omnipresence exists fully manifested, fully demonstrated, fully visible as you and right where you are. The *I* of you is that; the awareness you are aware *with* is that — is the consciousness of God or God consciousness — is God, is consciousness, the one consciousness which is God.

Let us rest with this for a few minutes, and feel awareness happening.

(A few moments of stillness and receptivity)

Be aware a little more deeply than thought or what your thought is attached to, where your concerns are, or your sense of desire or need is. All your concerns will be met in the pages of this book, my friend, and, in fact, already are as you hold the book and soak in the consciousness that comes with it.

Again, be aware more deeply than your thoughts or your personal sense of awareness, and be aware of *Awareness Itself.*

Truly relax. Let go in it. You have nothing to be concerned about. Awareness Itself is your life, is your protector, is your safety, is your security, is your guard, is your castle. Nothing of the world can get in, nothing can damage you, can hurt you, can destroy you. So relax, let go, and simply feel Awareness Itself happening.

After a few minutes of rest and relaxation, feeling the presence of Awareness Itself, do your best not to involve yourself in human conversation, not to go out into the world, but to honor your awakening to Awareness Itself.

Protect yourself, keep yourself in swaddling clothes, stay aware of Awareness Itself as consistently as you can. Do not watch or read the news. Avoid it for as long as you can, or completely. You will have far greater and quicker awakening if you keep yourself out of "this world" as much as possible.

CHAPTER TWO

THE SPACE IN BETWEEN

A wonderful way of practicing and becoming masterful at living Awareness Itself is this: Look into your room. Focus on something a little distance away from you, maybe the opposite wall or a picture on the wall, or an object in your room.

At the level of sense alone, *we* are located *here* observing an object *over there* with a faculty we have called *awareness.* Actually, Awareness Itself is all "three" — the existence called *you,* the object you are aware *of,* and the faculty of awareness *itself.* Awareness Itself is all. As you observe the object, realize that Awareness is alive as all that constitutes your universe, making this experience possible.

Awareness Is All

Without awareness you would be dead; your entire life would be non-existent. Everything of your existence is awareness. Not one person, thing or condition in your universe is taking place without awareness. In other words, if you are unaware of a person, thing or condition can you prove it exists?

Your whole existence is *awareness.*

Realize this truth as you observe the object.

Now look around your room and realize that all you experience is itself the substance, faculty, and form of awareness.

Become aware of your awareness "happening."

Now look again throughout your room and become aware of the hundreds of details of which it is made — different objects, shapes, forms, colors, fragrances, sizes, weights, positions, sounds (inside and outside; human sounds, animal sounds, nature sounds, weather sounds). If you are with another person you are aware of his or her breathing, body, size, color, character, beauty. We could carry on exploring the many details that constitute the room in which you sit, but our interest is the substance and faculty of *awareness* of which experience is made.

Our universal awareness is possible only because of Awareness Itself. Realize that all of experience is possible only, is happening only, because of the substance and faculty of *awareness.*

The Space in Between

Look at the far end of your room — at the wall, a painting, a bookshelf, a floor lamp. Now become aware of the *space between* what you sense as *you* and *it.* Pull your awareness back halfway between you and it. Begin to *feel,* to become more aware of that middle point where seemingly there is nothing but thin air, but where actually there is the fullness of Awareness Itself. You are now becoming aware of the substance of Awareness Itself.

Awareness has no shape, no size, no weight, no color, no sound, no smell, no character, no amount, no quality, no location. Awareness simply *is*.

As you become aware of Awareness Itself, you quickly begin to feel a freedom; you feel a peace and spaciousness because you have unencumbered your awareness. It has no *thing* in it. Keep looking at it, in the middle of what seems to be you and the object you were focusing on. You have pulled back into the middle where there seems to be nothing but unencumbered space. You are free, and you quickly feel that freedom.

You have released your sense from having to process *things.* Now return your gaze to the far wall or the object, and instantly you have re-engaged a process. Your senses are busy again; your memory is busy reporting what is familiar to you about that wall or that thing.

We can do the same with anything we see, hear, taste, touch or smell. Your senses busily report what it is you're observing, what it's for, what it's doing there, what size, color, and shape it is. Of course, at the level of appearance the reports are quite accurate and useful, but at the level of Awareness Itself they are entirely wrong. You are not what you seem to be, in yourself; the wall is not what it seems to be, in itself; the object is not what it seems to be, in itself. All is Awareness Itself.

No person, thing, amount, business, place, home is what it appears to be in and of its own self. Sense testimony without a knowledge of truth is valuable only at the material level of awareness but has nothing to do with truth.

This is why the Master said, "Judge not according to the appearance, but judge righteous judgment". In other words, know that all is God despite appearance. That word *despite* has been a major word from the first Miracle Self teaching. It is a wonderful word. *Despite* the way he, she, or it appears to be, and what appears to be needed, all is God.

God is the only existence, which means that infinity, omnipresence, eternity, harmony, peace, wonder, joy, wholeness and freedom are present where, to sense testimony alone, good or bad material form appears to be.

As soon as we disengage the processing of sense testimony or the intellect, we feel the freedom of non-processed awareness.

Now again pull back right into the middle of your room and feel the freedom of awareness that has nothing in it to process.

Be aware of the space in the middle of the room and realize that nothing is good about it and nothing is bad about it. It just *is.* It is innocent and impotent.

It is almost (not quite, but almost) free of every name in the language, of every definition that exists.

Freedom and Peace

The reason we feel a freedom, a peace, is that the moment we unencumber our existence, our awareness, we are tapping into Awareness Itself. We are now unencumbered awareness, unencumbered consciousness, unencumbered existence.

In other words, awareness (consciousness, existence) without name, without definition, without good or bad believed about it, simply *is.* As soon as we have attained a state of awareness that we can call *is,* we are there; we're standing in the doorway of heaven, and the door is wide open.

When we exist with belief, with name and definition, with judgment or opinion of either good or bad, we are fully encumbered. There is no way we can experience God or Good in that encumbered state of awareness.

This became an early practice of mine. I would spend every possible moment with my awareness withdrawn from the people, things, and conditions of my world. Each time, and for as long as I kept it up, I experienced freedom. Soon, with regular hourly practice, we become masterful at remaining detached from the things of awareness, in Awareness Itself.

We will always sense the people and things of the world. The secret is to realize that sense testimony alone is false evidence. Even sense testimony devoid of belief is nothing but a *concept* of God, not God Itself. As we withdraw from all people and things of awareness, into Awareness Itself, we are seeking the kingdom of God aright, and now we never need to take thought for or have concern for appearance. In Awareness Itself all true appearance is taken care of automatically and infallibly.

To withdraw from that which seems to be, it helps to close your eyes to it. Then, purely as an act of awareness, pull into the space in between and rest there.

This is easy when we are sitting at home or at our desks or in the garden. But what about when we're in the world? What about when we're working, when we're with our love, our family, when we're at home, when we're shopping, driving, in conversation? What do we do?

If you are with another person now look at him or her. If you are not, select an object to look at; or if you hear noises, then be aware of them. Now close your eyes and withdraw from the attachment to the he or she or it of appearance. Gently pull back in awareness and become more attentive to, more fully aware of the space in between.

Now reopen your eyes and keep your awareness in the middle space. Rest there for a few minutes. Feel the freedom and spaciousness of non-attachment.

You can do this as you're walking, as you're working, as you're on the telephone, even as you are talking with someone. People cannot detect what you're doing. We can be looking at each other, talking with each other, and completely unable to detect that our awareness is pulled back a little and we're more aware of the space between us than of each other. No one can tell that.

Now we are free of having to process, being tempted to judge, having an opinion, or listening to memory. I do not want to remember anything about you because it would be a lie; it would be a falsity. I want the new experience, the fresh manna. God is ever new, ever fresh. Therefore, our awareness is ever new, ever fresh, and when we are consciously aware of this truth and keep our awareness free and open to it, we evidence it. I want to have an ever-renewed experience of Awareness Itself revealing who you really are to me. I do not want to rely on belief, concept or memory to experience who you are because it will be false experience.

I do not want to remember what money is, what my business is, what my teaching is, my students are, my friends are (I do not have any human friends left, thank goodness. I have you though, my true friends, my spiritual family, and I treasure you, each and every one). I do not want to remember what my home is, the things in my home are, my neighbors and neighborhood are, because if I run by memory, concept or belief, I am living a false experience, and in that false experience I can't find God. God is not available in the false experience, the believed experience, the conceptual experience in itself. God is available as tangible and practical experience only as we are being what It is, which is Awareness Itself.

More Practice

Turn your awareness back to the space in between, and be free. *Feel* the freedom of being unencumbered by people, things, and conditions.

(Rest in the silence of Awareness Itself for a few minutes)

I see you but not with my physical sense. I do not want to rely on physical sense to experience you. The real you is Awareness Itself so I want to exist in and as Awareness Itself, letting it reveal itself as you to me.

Then I see and have your truth; and if for any reason you are struggling with a problem, the presence of Awareness Itself taking place in "me" lifts and illumines "you," and you are freed.

Try to describe the space in between, the space of pure awareness. You will struggle.

Awareness Itself or God or truth or reality, spirit, is utterly indescribable. We can never contain God, truth, and describe it. We can only name and describe something contained. We believe we understand who he or she or it is because we have accepted appearance at face value. Appearance suggests that every person or thing is an entity in itself, a contained life or form, a personal or definite describable existence. Because we have believed appearance as being real, we have named and defined it all. We have attached labels to every person and thing and we judge by those labels. But God, being the infinitude, omnipresence, spirit and truth — the incorporeal — is utterly indescribable, uncontainable, un-nameable.

As we become more aware of the space in between, we also become less able to name and define our world, and in this state of awareness we are very much more in conscious oneness with God.

You see how, in just these few minutes, we have pulled away from that which seems to be, to become more aware of the space in between. Realize that the space in between is almost impossible to name or define. Therefore, we are much more deeply conscious of our oneness with God in that one move. Every time we struggle to name and define our experience, we are more at-one with God, more open and receptive to being able to see our good, to evidence our healing, our prosperity, our peace, our harmony, because Awareness Itself and the visible form of it are one and the very same experience.

There is no such thing as unformed God or Awareness, invisible God or Awareness, intangible God or Awareness. "I and the father are one." "If you see me, you see the Father who sent me [who is the true form of me you witness]."

Make sure you realize this. There is no such thing as unformed God or Awareness. If there were, God would be two different states of existence or entities, and that is untrue. There is only *one* — *one* God, *one* infinitude, *one* omnipresence, *one* existence, *one* state of being. "I am the Lord, and beside me there is none else." Nothing is hidden, separate or different in the mind of God — in Awareness Itself.

It is logical that Awareness Itself is fully aware of itself. How could Awareness Itself be unaware? How could consciousness be unconscious, or partly conscious and partly unconscious? Such a belief is nonsensical.

Awareness Itself or consciousness is the infinitude, is the omnipresence, is the one existence, is the one reality. As Thomas Troward said in the *Edinburgh Lectures,* "The whole of the infinite is present at each point of itself at the same time". Indeed, nothing is absent or hidden in the mind of God, in the consciousness of infinity. Nothing is hidden in Awareness Itself because Awareness Itself *is* every point of the infinite at the same time.

Awareness Itself Is Aware As and For Us

This is the key to awakening. As we lift more and more each day into and experience the presence of Awareness Itself filling us, and as we yield our sense of awareness to Awareness Itself, everything of good becomes visible and tangible to our sense.

Nothing of good, nothing of truth, can remain hidden from our sense for very long as we live as and by Awareness Itself because Awareness Itself *is* the all-good and is being aware as and for us.

In other words, healing, prosperity, love, peace, and harmony infallibly come through, whether quickly or slowly, as we live by Awareness Itself because Awareness Itself is the all-of-all good now enabled to see Itself "through" our emptied and yielded window of being.

Yielding our sense of being to Awareness Itself is the key to what has been called demonstration. No experience of diseased or discordant person, thing or condition can remain so very long in the presence of Awareness Itself. Awareness Itself (God) is the omnipresent all-good. "God saw everything that he had made, and behold, it was very good." (Genesis 1:31) All good already *is.* Nothing *becomes* good; nothing changes from bad to good; nothing actually heals, prospers, harmonizes, pacifies, even though it appears to according to objective sense. All the good of infinity is omnipresent where you are this instant. The only thing that clouds it from your senses is the unwittingly accepted belief in separation and difference from Awareness Itself.

Realize that "your" awareness is, in fact, Awareness Itself, as the sunbeam is, in fact, the sun. Yield your sense of awareness to that which it truly is. Awareness Itself is omniactive as itself as individual and unique you, so there is no need to fear or to be doubtful about letting go and yielding your entire self to it. Let Awareness Itself be and see itself, in its own way as you and for you. Then, as you feel the presence flowing or glowing within, the objective sense of it is quickly witnessed as the "outer" good right where it needs to be as your fulfillment of experience.

Look into your room again. Keep your eyes open, and become aware of the in-between space.

Now become aware of your peripheral awareness which is full of objects, names, definitions, beliefs, concepts, memories, ideas, needs, desires. All of these exist only as objective sense. Everything we believe is real and worthy and have attached to, and everything we believe we sense as being needed or desired is objective. It has a name, a definition; it is a person, thing, condition, or amount; it is finite, local; it occupies an amount of space somewhere and exists at a certain date and time. In other words, none of it has anything to do with God — with what all actually *is.*

"Instant" Freedom in Awareness Itself

As spiritual students, we have struggled to be free of all that is untrue — free of all the things and conditions we have just identified, and more. We have devoted years or decades to the search for truth and the way of practical truth experience. We have mostly failed *because we have been searching for that which we already are and have.*

As we awaken out of the hypnotism of belief, we experience instantaneous freedom and harmony of all. Why? Belief and its false forms of life are not of God, therefore have no law or principle to sustain themselves in our lives. Everything we can name and define is a belief-thing. Even though it appears to be real as we believe it to be, it isn't. It is substance-less, formless, lawless, principle-less. It is nothing in and of its own self.

This is why it dissipates into the nothingness it is when the presence of Awareness Itself is brought to the scene. As dark dissipates in the presence of light and leaves no "scars" or "smell of smoke," so every bad and good we have believed is real in itself dissipates in the presence of Awareness Itself.

Freedom is instant because belief — good and bad — is not an entity, therefore offers no resistance to truth. Belief is like thin air — acquiescent — when it is known for the nothingness it actually is, and when the presence of Awareness Itself is brought to it.

You can experience freedom this instant. Pull your awareness away from all objects into the middle space and stay there. Become aware of the middle space to the point where you feel the presence of it, where you feel you are at one with it. Allow your senses to become filled with the presence and feel of this space, empty of *things.*

Rest there for a few minutes, abiding in it and letting it abide in you until you feel free.

There it is. You are instantly free as you *feel* the freedom, the quiet, the spaciousness.You are free because you no longer have human beings and material things and conditions in your awareness. You are free because there is nothing for you to need or desire in Awareness Itself. You are free because you are no longer holding onto things, and no longer needing or desiring this or that from those things.

You are in a no-things awareness, a non-attached awareness, enjoying awareness just for the sake of the experience. And because Awareness Itself is the all-of-all good, your nothing, non-attached state of awareness is itself the open presence of you which enables the infinite good to be seen.

The very minute you find yourself pulled back from objects, more fully aware of the space in between, you have freed yourself from the entire world.

It has to be *felt.* You cannot achieve it *physically.* It is not enough to simply withdraw your physical focus from things and believe you are detached from the world and open spiritually. Everything of spiritual realization is about *feeling.* Withdraw your sense attachment from objects and gently, patiently *feel* the presence of the middle space, that empty space, that seemingly thin air in between you and objects, the people and things of the world.

You are free of all in this world the moment you feel the presence of Awareness Itself. Do you see that? Awareness is all; therefore what fills your awareness *is* your tangibly experienced all. The moment you *feel* free, rested and relaxed in Awareness Itself, you are free. That is the moment you are free of disease because disease, which is physical, requires a physical body to attach itself to and live — a defined body, an objective entity. Like breeds like. When we are aware physically (when we believe that the physical body is real in itself) we are exposed and vulnerable to the entire physical world of good and bad. We can be physically healthy or physically sick. We cannot avoid it. Like breeds like. We will always exist with one or another of these experiences.

But the moment we awaken to the truth that Awareness Itself is all of all, and that the physical body is nothing more than an objective *sense* of that which is one hundred percent Awareness Itself; and then begin to live detached from the objective and free in Awareness Itself, we are free of the entire world of good vs. bad.

Whatsoever we attach to on earth, we lock truth out of in our experience, whereas whatsoever we release on earth in the awareness of Awareness Itself, we open for the evidence of harmony. "Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven."

(Matthew 18:18)

There is no way for heaven, truth, reality, to be evident while we are attached to names, things, conditions, opinions, beliefs any more than it is possible to take off and fly while being bolted to the ground. There is no way for God to be evident finitely, for a personal self, a personal problem, in a local place, because God is the infinitude, and infinity cannot fit into finiteness.

The infinitude is omnipresent, the whole of itself present and visible at every point of itself at the same time. Infinity cannot be divided and separated into little, personal aspects of infinity named you and me. We cannot take a slice of infinity and use it to heal our bodies, prosper our businesses, feed our families or friends or the multitudes. It is impossible. Infinity is one, indivisible and inseparable. We either seek infinity as it is for what it is, or we seek finiteness and find ourselves with none. God is indivisible. God is one, whole, and complete, and that is the only way truth is evidence-able — as itself, infinity as infinity.

Infinity, truth, is evidence-able only as the whole of itself. It cannot be used finitely as the healing of my body, the sufficiency of my finances, the love of my relationship, the health or healing of my friend or my students, the safety of my home. That is like believing that the sun can give me personal sunbeams to light and heat my Sunday afternoon despite my neighbors being rained out. It is not only impossible but ludicrous to imagine.

Our desire for fulfillment is perfectly true. There is nothing wrong with wanting good health, sufficient money or even an abundance of wealth, successful business, happy loving relationship, a peaceful, secure home, and safe world. It is perfectly natural to want the good things of life — that yearning to have our fulfillment, freedom, love, harmony, peace — because they make for a fuller, more creative life.

Our natural inclination is toward fulfillment. Every breath we breathe is actually the impulse toward the experience of truth. This inherent impulse, in a nutshell, explains every human behavior, good or bad. It is Psychology 101, but the psychologists do not realize it. Everything the so-called human being does, good or bad (or even unwitting), is the natural impulse toward the experience of truth. It comes out in an infinite variety of ways, colored by the degree of the individual's awareness — some good, some bad, some glorious, some atrocious. In truth, we must harbor no judgment or condemnation. We understand that human behavior is governed by collective belief just as we understand that the behavior of a hypnotized person is governed by the hypnotist.

Seeking fulfillment is either unwittingly (for human beings) or wittingly (for truth students) the activity of God in us. If we are unable to interpret it, the drive for fulfillment can result in either good or bad behavior. As soon as we understand truth we start seeking aright — God for the experience of God fulfillment rather than God for a human or material fulfillment.

Evidencing the Infinity of Being

There is only one way to evidence who we truly are and what our infinite resources and capabilities are. We must discover and awaken to our true identity. If we attempt to bring God or infinity into our finite belief about who we are and what our world is, we fail.

In the same way, if we wish to fly, we must discover the universal laws of aerodynamics and abide by them. It is of no use attempting to make our automobile fly, and it is of as little use attempting to discover aerodynamics in our country but not in every country of the world. We cannot achieve it. We cannot get aerodynamics to work for a non-aerodynamic vehicle, or personally for our own good but not the universal good.

We have to understand that aerodynamics is one, universal, and omnipresent. Aerodynamics is principle. Wherever we are in the world, there the fullness of aerodynamics is. We have to understand that we cannot slice aerodynamics into little pieces and use one of those pieces personally to fly from here to there. Such a feat is impossible. Either aerodynamics is tapped into as its wholeness, thereby enabling us to fly all over the world whenever we want to, or we have none, and we cannot fly anywhere. There is no middle ground, no choice. We either have the whole or we have none.

The same applies to truth. We either have the whole of truth or we have none. So we have to discover what that whole is, how it works, how to experience it. The minute we do, we have all that infinity is and has at hand.

As with any principle, the moment we understand our true identity (God or infinity) and abide by it, we have the full benefit of it at any and every instant. We are able to instantly open to life, open to love, open to abundance, open to harmony, open to peace because we now understand what existence is. We are not attempting to get existence, get truth or God, to do us favors, to work for us personally, despite every other person in our awareness. We have awakened to the fact that God is one, the infinitude, the omnipresence, the eternity; and so the only way we can experience truth is *as it is.* We experience infinity *as infinity is,* never as finiteness or for a finite condition — in other words, never for something we can name or define.

We are never required to hold a name or definition in mind in order to witness truth. All is God already. All we have to do is lift our awareness into that which all *is.* Remember, judge not by the appearance because the appearance has nothing to do (or let's say very little to do) with that which all actually *is.* If we believe appearance at face value and then attempt to demonstrate God to bring health and harmony to that appearance, we fail.

However, as we awaken to the truth that, despite sense testimony, all is God, all is good, all is reality, all is spirit, and then open to that allness (God, Awareness Itself, infinity, omnipresence, spirit) letting it be aware for us — letting it reveal to our sense what *it is* as appearing person, thing, and condition — we witness it.

Let us yield our sense, our faculties of seeing, hearing, tasting, touching, smelling, our thought, our belief, our opinions. Let us yield the whole of us. Let us release the personal sense of self, and give our entire being to that which *is.* The very act of releasing earth is the act of heaven made evident. And the way of it, the way of avoiding the difficulty with the word *God* or the phrase *God consciousness* or *God realization,* is to understand God as *Awareness Itself.* I don't know about you, but I had difficulty with the terms *God* or *God Consciousness,* and as I look among the students and hear from you, we all have the same difficulties. What is God? What is God consciousness? The words and the phrases are so loaded with orthodoxy, misunderstanding and miseducation that they are difficult to get past. So we'll find another way. The word doesn't matter. God or Awareness — what does it matter? So let us use the word Awareness or the phrase Awareness Itself.

Whatsoever Ye Bind on Earth

Let us hear the Master again: Whatsoever ye bind on earth (whatsoever we believe is real in itself, and attach our hopes, desires, and reliances to) is locked in heaven. Heaven is unavailable to our sense, even though we exist on earth as it is in heaven twenty-four hours a day. Nevertheless, the visible, practical experience is locked from our sense by *our* believing and attaching to the things of sense testimony. Since as far back as we can recall we have been taught to believe appearance, and so we have developed a sense of need and desire *for the things of appearance in themselves.*

This is our trouble. We believe the people, things, activities, and conditions of sense; we believe we know what is real; we believe we know what is intelligent and what is unintelligent, what is reasonable and what is unreasonable, what is possible and what is impossible in our believed reality. Many sincere people and organizations even believe they know what God is and what God is not. Every minute of belief entertained in awareness binds us to that belief which binds truth from our experience.

However, whatsoever ye *release* on earth is *released* in heaven — not will one day be released but *is instantaneously* released. Heaven is fully evident the instant we truly release earth.

There is a direct and immediate way of releasing earth. Pull your awareness back from that which seems to be, pull back from the people, objects and subjects of appearance, the amounts and the activities, the names and definitions themselves, and get into that middle space of awareness — seemingly between you and them, between you and the world. Bring your awareness into the thin air in the middle and *feel* its presence.

The whole of God is right there; the whole kingdom of good is right there. The seemingly empty space of awareness is fully God-aware and visible. Awareness Itself *is* God.

As we have unencumbered ourselves (as we have released earth and are abiding in the empty space, this middle space which we find almost impossible to describe, feeling Awareness Itself), we are at-one with God. We feel it quickly; we feel the peace of it; we feel the freedom of it; we feel unencumbered; we feel as if all the burdens we have been carrying around have fallen from our shoulders. It is an almost instant release.

Now, if we stay there for five seconds, we are free for only five seconds; if we stay there for five minutes, we are free for five minutes; if we stay there for an hour, we are free for an hour. When we have reached the stage of being able to maintain the released state, feeling the presence of Awareness Itself all day and all night, we are free forever.

Can any of us, I myself included, remain in Awareness Itself one hundred percent? No, probably not yet. But we can achieve ninety, ninety-five, ninety-eight percent of every hour if we are truly devoted to living and serving the God life. It is surprising, after a little regular practice, how natural it is to stay almost completely released from appearance even while we are active in our work, with our family, doing our shopping, engaged in conversation. We quickly become quite masterful at continually re-pulling back to the middle space and there maintain our freedom of being and world.

The more we practice the more we develop a taste for it that will not easily let us abandon the practice. We quickly feel a constant impulse to get back into the peace and freedom of Awareness Itself; and the more we abide in it, the more it is felt abiding in us. It is this experience — of Awareness Itself felt abiding in us — that releases and evidences the infinity of being.

We are unable to experience the infinity of being while we are closed spiritually, interested and engaged humanly, materially, physically, while just about everything that fills our sense is nameable and definable, finite and personal; while our minds are filled with what we need, what we desire, what we have to achieve, what we wish to be free of. This state of being is spiritually closed. The windows of our soul are shut tight and the light of heaven cannot enter to reveal what life truly is, who we truly are, what our business truly is, what our home and our family truly are, what our purpose truly is, what our earth truly is. We are attached to that which seems to be; we are bound to earth.

So the more we fill each hour with pulling away from that which seems to be, existing in or as (or being more aware of) the space in between, and relaxing, feeling it — this is the key — we are in God and God is in us, which means God is in our experience. In truth, we are always in God and God is always in us. God is the only presence, the only life, the only form; however, remember, it is our *conscious awareness of the presence of God* instead of the presence of that which seems to be, that makes God real and visible as our tangible experience.

God Can Only Do For Us
What It Can Do Through Us

God can only do for us what it can do through us. The fact that God is the only existence, the only reality, the only presence does not help us. The fact that truth *is,* is not enough to make it tangibly evident.

The great secret is to "know the truth, and the truth will make you free." That truth is that God is Awareness Itself. Therefore, it is by an *act of awareness* that we tune "ourselves" with what Self truly is. When our awareness is tuned and yielded to Awareness Itself, the infinity of Awareness Itself pours through "us" and we quickly discover the life abundant.

"Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." (John 15:4-5)

As we yield our sense of awareness, Awareness Itself sees itself for us, presents itself to us as all persons, things, conditions, and activities in our experience. This is the only way God or good becomes evident: when it sees itself for us, when "I live, yet not I; Christ lives my life," Buddha lives my life, Awareness Itself lives my life; when the one reality, the one existence, the one life lives itself as itself as us, through us, and for us.

Only truth sees itself; only spirit sees itself; only God sees itself; only Awareness Itself sees the true image and likeness. If we attempt to evidence truth, we fail. If we believe we know what life is, what he, she and it are, and attempt to evidence their truth, we fail.

We cannot see truth no matter how much we meditate and sit in silence; however, when we lift into Awareness Itself and then let It get on with the job, the miracle of truth is quickly evident, real and practical.

Live *being aware of* the space in between. Feel the freedom; feel the unencumbered self. Release yourself from the world in this way and know that *in* this way, heaven is released as individual you.

CHAPTER THREE

AWARENESS IS ALL

Awareness is *all.* We have heard it termed as God is all, consciousness is all, the infinitude, omnipresence, spirit, is all. Now let us realize it as *Awareness is all.*

God is consciousness. A synonym is awareness. The infinitude is Awareness Itself and has only itself about it, in it, happening as it. The whole of the infinitude is awareness, has nothing but awareness in it, and exists fully at every point of itself at the same time. Every point of the infinitude is fully aware of the entirety of itself *as itself* at the same time.

Just imagine. Look at the tip of your finger, and realize that the whole of infinity exists right there and is fully aware of the whole of itself as what appears to sense as your fingertip.

Look at an object in your room, and realize the whole of infinity is there and is fully aware of itself as itself as what appears to sense to be the object or that point of observation.

Now pull back to the middle space between you and the object and realize that the space is the whole of the infinitude being fully aware of itself as itself — meaning that the whole of God is right there fully present, fully aware of the whole of itself as that seemingly small volume of awareness, the middle place, the place in between. The whole kingdom of God, the whole kingdom of heaven and earth and all the host of them, exist right there. Nothing more of God exists outside of or beyond right here.

As you and I are aware of Awareness Itself right there (this middle space or the space in between), we *have* God awareness. We are in God consciousness.

It is impossible to have a *little* God consciousness versus a *fullness* because God is one, infinite, omnipresent, indivisible, and inseparable. Even when it seems that we have just a little awareness of Awareness Itself, it isn't true. Judge not by your sense, your belief, but by Awareness Itself.

If you are aware of Awareness Itself by bringing your awareness to the middle space, unencumbering your senses of things and feeling the presence, you *have* God consciousness. You have yielded your sense to Awareness Itself and you feel it. God is glowing in you.

There is no objectivity in God. Objectivity is simply our material sense of that which is one hundred percent immaterial. We are having a corporeal sense of that which is one hundred percent incorporeal. Corporeal sense (or objective, material sense) is nothing of its own self, is not an entity, has not changed God or Awareness into a different entity, presence or experience.

God is God, and God is nothing more or less than God, and God can only *be* God because there is nothing else in all of existence to be. Because God is only God, and there is nothing else but God, there is nothing that can change God. If there were something that could change God, it would mean that that something is greater than God, which is, of course, nonsense. It would take a power greater than

God to change God, would it not?

Only God is; only Awareness Itself is. Not only is God the only existence, but God is the only power. Even in believed sensory experience, which seems to have many powers, God is omnipotence, the almighty one power.

Let us realize that God is the one, the almighty, the omnipotence, the omniscience, the omnipresence, the infinitude, the only. As we *sense* God as objective experience (which is our current degree of awareness, one of many mansions in my Father's house, one of the infinite degrees of awareness) it does not mean that that which is incorporeal has been changed into corporeal people and things. We simply have a corporeal sense. That is all. God has not been changed.

Even that which appears objective to our sense is actually infinite, non-objective. That which seems to be local, finite, is not local and finite. It cannot be because there is *only* infinity and omnipresence.

As we look at each other, we are observing the infinity, omnipresence, and eternity of being, not a human being, not a local being, not a temporal being, not a physical being with a mental mind, but the infinity of being, the eternity of being. There isn't another type of being. Only infinity, omnipresence and eternity exist; therefore being is *that.* If there were another type of being, God would have to be two, not one — one being infinity and the other being finite, one being omnipresent and the other being locally present, one being eternal and the other being temporal.

No, God is *one,* the only, which means that you are that one and only, I am that one and the only, every person and thing in our entire consciousness is that one and that only. Therefore, despite our *sense* of things, all is infinite, omnipresent, eternal.

Sense testimony in and of its own self is untrue. That which seems to be real in and of its own self is not real. Only

God is; therefore only God is reality. Only infinity is (and all the other synonyms), and that which God is is Awareness Itself or *aliveness* or *consciousness.*

The *awareness* that I am is God, is the truth of me. The very awareness that I am aware *with* is God, is the truth of me and of everything I am aware *of.*

Now let's realize something about awareness. This realization is your quick and powerful freedom. It is your good made evident this hour; it is the opening of the spiritual eyes enabling you to clearly see that which *is.*

First, realize that Awareness is all, that nothing exists except Awareness Itself. As we observe the objective sense of each other, we are actually observing the one being and body of Awareness, in its infinite variety of sensed form. What seems to be a mind and a body, isn't; it is awareness alone. We have unfortunately labeled the infinite variety of people and things that constitute our universe. If we had not done so, if we had stuck with only God — God is all, Awareness is all — we would probably not be living the hypnotized state we have lived since the "beginning of time."

As soon as we place another word alongside God or Awareness Itself, we are in trouble because we have created a sense of separation. We now have God *and.* We've made a concept of that which *is,* and we start believing that concept; we start examining it, desiring things from it, believing it can be good or bad.

We have done this with the mind and body. We have believed the mind is separate and different from God and that it can be the cause of all sorts of terrible things both personally and, in a measure, collectively. We have believed the body is separate and different from God and that it can be young or old, healthy or diseased, alive or dead. We have cut it open and explored what's inside, how it functions, and devised ten thousand treatments and procedures (and millions of textbook words justifying and explaining them) to repair it and extend its existence. All the while it is Awareness Itself in perfect order and beauty, requiring only our awareness of Awareness Itself to experience its truth.

So the first thing to realize is that all is not what it seems to be but is Awareness Itself. Everything we observe is God Itself or Awareness Itself. We observe people, bodies, things, shapes, colors, fragrances, and conditions which are all objective sensory experiences of the one infinity and omnipresence of Awareness. Nothing is actually physical, structural, material. There is no matter in awareness; there is just Awareness Itself, God, incorporeality.

Incorporeality was an immensely helpful word to me because it wipes out the belief in matter. If all is incorporeal, then obviously what I witness as my mind, body and world is incorporeal even though it appears to be corporeal. Well, that was a revelation to me, an immense help to me, and maybe to you too.

Awareness is all. Now pull back your awareness to the middle space again. *Feel* that body of awareness, that presence, that pure awareness unencumbered by things, people, conditions. Feel the release, the freedom you experience after having pulled back from names and definitions. This is your release from the earth and its good vs. bad belief.

(Spend a few moments in stillness, feeling the presence of Awareness Itself)

Release (pull away from), everything you are aware of. Feel and start living as Awareness Itself — indescribable Awareness Itself.

(Spend a few minutes in the stillness of the experience)

Now tell me, is there a limit to your awareness?

Was it born so many years ago, or is it simply *is?* Can it say much about itself, or would it simply say *I am* or *I am aware?*

Has this body of awareness, this middle space, a birth date? Does it have an age? Does it have a shape, a weight, a height, a color? Does it have aged skin or youthful skin? Is it good or bad? Can it talk back? Can it judge? Can it have an opinion? Does it contain matter that it has to deal with, that it has to maintain and protect, that it has to heal? Is any part of it poorer than another part? Does one part do battle with another part? Is there any part of it that lacks the whole? Is there a part of it that lives in a home and another part that is homeless? Is one part employed and another unemployed? Is one part hungry, unhappy, unfulfilled versus another part that is well-fed, happy, and fulfilled? Or is it simply a state of *is* devoid of name and definition, without good vs. bad?

My awareness simply *is.* I really cannot say much more about it other than that. What I *can* say is that *I am aware.* My awareness simply *is,* and that *is* is infinite.

Try to find the end of your awareness. Try to find the beginning of your awareness. Try to find the left or the right of it. Try to contain it. You are aware fully of the room in which you sit, but you are equally aware of outside the room. You can look through the window, and you discover that you are fully aware of the outside.

Nothing of your awareness is less than the whole of awareness being aware as and of this moment, this scene. The next moment, you may be aware of a different scene and it also will constitute the whole of awareness being aware as and of it. Because Awareness Itself is God, and because God is eternally manifested, demonstrated, visible, tangible, and present right where you are, your awareness of this moment *is itself* the fullness of the kingdom of God, of good, of heaven as it is on earth.

At this moment, you are aware of me and the words I share with you on this page. Therefore, I and these words are *in* your awareness (they are certainly not outside of your awareness; if they were you could not be aware of them).

As you look into your room, is it not true that everything you observe, everything you sense (see, hear, taste, touch, smell) is *in* your awareness?

Now look out of the window and observe the farthest thing you possibly can, and realize that that thing is in your awareness. Whatever you are aware of exists in your awareness. *The whole universe is in your awareness.* You are not in the universe; the universe is in you.

I was walking a few nights ago and looked up into the sky and there was the tiniest sliver of the moon. I had to stop to gaze at the marvel of it and realize again that the whole sky with its billions of stars and tiny sliver of perfect moon exists in and as me and each individual. The moon is not "out there" a quarter of a million miles away; it and the infinity of space in which it seems to exist are all *in* us.

I am that I am. The whole of God is embodied in and as you, your consciousness, your awareness. The whole kingdom of heaven and earth and all the host of them are embodied, are fully manifested, demonstrated, visible, real, formed, tangible in and as your consciousness or awareness. All that you are aware *of* (and all that you ever can be aware of) is *in your* awareness, not outside of it, not separate from it.

The whole of God is embodied *in* and *as* your awareness. All is awareness. As you look at the moon, realize, That is awareness; it is a form of awareness. It is not a form of matter; there is no matter in awareness. It is a form of awareness. The trillions of stars are forms of awareness, forms of our very awareness, and we realize how beautiful our true identity is, how extraordinary are we — not personal we, but God we. How extraordinary, how magnificent, how miraculous are we!

The whole canopy of heaven exists in and as *our* awareness when we are aware of it. All the flowers on earth exist in and as our awareness. How miraculous are we! All the beings on earth exist in and as our awareness. All the birds and bird song on earth exist in and as our awareness; they are forms of us and our songs. How miraculous are we! All the mountains, all the valleys, all the streams, the rivers and the oceans exist in and as our awareness, *are* Awareness Itself.

All the youthfulness, all the beauty, all the vitality, all the joy, all the harmony of earth exist in and as *your* awareness and are Awareness Itself. How miraculous are we! All the life of earth, all the love of earth, all of heaven as earth (objectively sensed heaven), exist in and as your awareness.

I do not mean the life and love witnessed at this moment of time or in your human span of life; I mean *all* the life and *all* the love of earth, the eternity of earth, exist in and as your awareness. All the life you witness as people, animals, insects, trees, shrubs, flowers, grasses, oceans, streams, rivers, the breeze, the rain, the snow, the blue sky, the cloudy sky, the sunshine, the nighttime, the twinkling stars, the sounds, the fragrances — all this life *is* and exists *in* and *as your* awareness. It is Awareness Itself. All the money on earth (and infinitely more) exists in and as your awareness. It is Awareness Itself.

All of all that exists is in and as your awareness and is Awareness Itself. This is the truth of all. This is the nature, the character, the infinity, the omnipresence, the eternity of all. Awareness Itself is the key, not the way in which awareness appears to be to material sense, but Awareness Itself. Take little account of appearance. The key, the truth, the very presence, visibility, form and substance of truth, the very omnipresence of truth right here where you are is Awareness Itself.

This being true, tell me what you need. What is the one thing you need? Awareness Itself. Awareness Itself constitutes *all* that God is and has, all that good is and has. You do not need to seek the things of life because Awareness Itself constitutes all things. Once you have Awareness Itself, all the rest is included. All the good you could possibly need or want, even if you lived one million lifetimes on earth, comes free, is the free gift of God, the free gift of Awareness Itself when you *have* Awareness Itself, when you *live by* Awareness Itself, when you seek nothing of what appears to be, but seek the kingdom of Awareness Itself. "Seek not the things of life." Do not seek anything for your life, for your love, for your finances, for your business, for your neighborhood, for your family. Do not seek the things, but "seek the kingdom of God instead and then all the *things* are added unto you" — added unto your awareness. Not only are they added, but "it is the Father's good pleasure to give you the kingdom." It is the good pleasure of Awareness Itself to give you the infinity, the omnipresence and the very tangible form and visibility of all good, as you do just one thing — know that Awareness Itself is all, and then seek only Awareness Itself, knowing that it itself constitutes the very form and visibility, the very presence of all and unconditional good.

If we seek the objects and conditions of awareness in themselves, we have taken our sense out of Awareness Itself and now will not experience the things. We have re-attached our awareness to the world; we're bound to the world. As soon as we attach to something we can name and describe, we've bound ourselves again to the world and therefore have bound heaven.

However, as you pull back and again become aware of

Awareness Itself, this middle place, this seeming emptiness between you and a person or you and it (you and the world, you and what seems to be), you are instantly back in Awareness Itself. You've unencumbered yourself; you've released yourself from the world again. Therefore, you have released heaven, and as you now seek only Awareness Itself — an ever greater *living* experience of Awareness Itself — you will quickly discover that Awareness Itself constitutes all good. Good quickly reveals itself where bad appeared to be — illness or even disease, lack, limitation, hate, insufficiency, homelessness, poverty, unhappiness.

Bad dissolves and good becomes evident, real, visible, by your being wholeheartedly attentive to, seeking, loving Awareness Itself. "Love the Lord thy God with all your heart and all your soul and all your mind and all your strength." Love Awareness Itself with all your heart and all your soul and all your mind and all your strength.

It is easy to fall in love with Awareness Itself because as we pull away from that which seems to be, and abide here in this middle space, beginning to *feel* it, how quickly we are unburdened, unencumbered and free. How quickly we feel the freedom, the release in that which truly is! Yes, it is easy to fall in love with Awareness Itself. Who does not want to live unencumbered, free, released, knowing that this very experience is heaven released on earth as individual you and me?

Never again seek a person, a thing, a condition, a place, an amount. Never do it; never again seek to experience a nicer, more loving, more gentle person; and never seek to be rid of a nasty one. Do not seek to be released from the prison of disease, of lack and limitation, of injustice or immorality. Do not seek to be released from any hardship or even pain. You will fail. I can tell you that because I was a master at failing in this. We cannot be free *of* a thing; we can only be free *in* Awareness Itself. Then we have nothing left to be free of.[1]

Of course, the Master has told us, Do not seek things (do not seek the good and do not seek to be rid of the bad), but seek the kingdom of God instead. Seek the totality of Awareness Itself instead, and then all the good things, the true good, spring up and fill your life, spring up in your body, your mind, your family, your neighborhood, your business, and the far side of your world. All that is becomes evident as the joy, harmony, peace and fulfillment of you.

However, if we once fall back into the trap of seeking the *things,* the *conditions,* the *hims* and the *hers,* then we'll have to get along with the finiteness we sought. Unfortunately, that includes both the good and the bad. We cannot be free of good and bad *until* the moment we free ourselves by *being* Awareness Itself.

We bind ourselves. Nothing binds us. We are not stuck in a world of good and bad. We are not stuck with disease, lack, limitation, hate, immorality or homelessness. Let us hear it closely — we are never stuck with anything bad. *We* are attaching our experience *to it* by believing it.

Because bad is never stuck to us, we can instantly release the experience of it by lifting into Awareness Itself.

Watch how quickly disease dissolves when we pay it no more attention, release our concern about it, and lift into and live in and by Awareness Itself. The very act of releasing that which we are concerned about in Awareness Itself releases heaven. Now disease has nothing more to do with us.

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[1] Editor's note: We cannot be free *of* a thing because belief cannot free itself of itself. If we believe we need to be free of a thing, then we are the believer, the belief itself, the thing we need to be freed from! When we are aware that we are Awareness Itself and that Awareness Itself is all, then there is no one needing to be free and nothing to be free of.

We may still have pain or some kind of limitation in our body for awhile, but from the moment of release the trouble is over and quickly on its way out of our awareness.

Watch how quickly even what's called fatal disease dissolves. It instantly loses its power and activity, its effect. Any untrue form, any activity is made impotent the instant *we* release our sense from it and come here to this middle place, come here to Awareness Itself.

There is no magic to it; there is no special condition to being aware of Awareness Itself. Just be aware of Awareness Itself by releasing yourself from the things, the people, the conditions. Pull back and become aware of the middle space, and then rest and freely receive.

Feel the freedom; feel that inability to describe Awareness Itself. That inability is the freedom. Feel the joy, the peace, the spaciousness of it; feel the unencumbered self, and abide there.

Seek Awareness Itself alone and experience *I* abiding in you as the feeling of peace, of presence, of light or warmth or love far more palpably, far more alive in you, living you.

Be assured that as you pay no more attention to the things of life in themselves — good or bad — and give all or as much of your sincere attention as you can to Awareness Itself, your whole life transforms. Disease, lack, limitation, suffering, pain are quickly proven to be nothing of their own selves (just belief), and health and harmony prevail when you live and move and have your being in Awareness Itself.

This is the most practical way of everyday life. Go out and live it. Live it for even a full day and see what begins to take place. Good becomes infallibly apparent because belief is not an entity. It cannot resist truth. Nothing in heaven or earth can resist the evidence, the actual form and visibility of truth because nothing but truth exists.

This is why, when we release belief, release the things of the world, our very act of doing so releases heaven. The moment heaven is released in us, we see clearly that which before, in our bound state, we could not see. Nothing is hidden in the mind of God. When God fills our awareness and we live by Awareness Itself, every good person, thing and condition becomes visible and tangible right where we are.

This soon proves itself in your experience as you do your best to maintain your attention on Awareness Itself, to seek Awareness Itself, not the people, not the things, not the conditions, not the seemingly logical solutions to life's problems. In fact, logic turns out to be most illogical because it is of the intellect. Logic is based on sense testimony which is nothing of its own self. So logic based on sense testimony is no logic at all.

CHAPTER FOUR

AWARENESS IS AWARE OF ITSELF ALONE

(ALL THAT GOD IS AND HAS)

Awareness Itself constitutes all that God is and has. It is the very substance, activity, form, visibility, tangibility, and presence of good. Awareness Itself, the finished kingdom of good, does not evolve, change, or move. Awareness Itself already *is*.

We move our *sense* of awareness. We can move our sense anywhere we wish to throughout our universe. We are and have the freedom of sense and that which is back of sense (God, Awareness Itself). The minute we attach sense to sensed *things* we are the prodigal being. We have taken our tangible experience out of the kingdom of good. We have fallen for the hypnotic suggestion of collective belief, and now everything of our experience is personal, finite, local, and of the universe of good and bad.

Awareness Itself Remains the Same

Our sense of awareness does not change Awareness Itself. Awareness Itself is infinite and omnipresent, even though our moment-by-moment sense is usually (until we awaken) personal, finite, local, and particular. Nevertheless, the awareness we are — the *I* of us, the *object* of awareness, and the awareness we are aware *with* — is (all) the one infinity and omnipresence of Awareness Itself.

Realize the infinity and omnipresence of awareness. As you remain detached from the *things* of life in themselves, and gently maintain the realization of the infinity and omnipresence of awareness, seeking nothing else, the harmony and limitlessness of people, things and conditions come forth in sense. Intellectual knowledge (the *letter* of truth) alone is insufficient to evidence God; *realization* reveals the fruits of good.

Turn your awareness to a particular place in your room. At first, your awareness will be of the *things* that populate that area of your room. Now gently defocus from the things, into a sense of Awareness Itself, the *substance* of the things. Feel Awareness Itself. Relax in it, bathe in it; let go of the sense of "personal you"; begin to let Awareness Itself "take over," fill you, and live itself freely in and as you. Even within a minute or two you begin to have a greater realization and feeling of the limitlessness of Awareness Itself which fills your senses. The *feeling,* the *sense,* is the presence experienced.

No Boundary

Awareness is not fixed; it is not bound. No person, thing, activity, amount, condition, or place can limit it, imprison it, bind it. "What hinders you?. . . . Rise, take up thy bed, and walk." (Galatians 5:7; John 5:8)

Awareness Itself is omnipresent.

Awareness Itself is God Itself. Of course, nothing hinders God. God *is.* Therefore, nothing hinders you or me when we live yielded to Awareness Itself, letting *it be* and *see* and *reveal* the way "for us."

As you are aware of Awareness Itself, realize the infinity, the omnipresence, the eternity, the kingdom of God it is. Realize that it itself constitutes all that God is and has, all the reality, all the substance, all the form, all the visibility that God is and has: all the true good, all the everlasting good, all the wisdom, all the omniscience, all the *now* experience.

Now become aware of another thing in your room while staying as Awareness Itself, staying in between what seems to be you and the "outer" objectivity of people, things, conditions, faces.

Everything true about the previous point of awareness, is true of this new point of your awareness. You have simply moved your awareness; therefore you have moved that which constitutes all that God is and has in your experience. You've moved it around your experience or to a new point of your experience. Now move it to another new point of your experience. Make sure you're not thinking of things or people or conditions. Stay in Awareness Itself.

Wherever You Look, There *I Am*

Wherever you look, there is all that God is and has. The whole kingdom of God is embodied in, and is itself, Awareness Itself which is aware as individual you, me and all.

There is no such thing as intangible God or heaven or truth; there is no such thing as invisible God, unreal, impractical God or truth or awareness. So as you remain aware of Awareness Itself — the substance or the presence of awareness, that which you are aware *as* and *with* — you keep yourself seated in the kingdom of God which itself constitutes all the good form, substance, visibility, place, amount, mind, body, and purpose fulfilled that God is and has.

You can be aware one inch from your nose or of the farthest object or scene in your universe. They are the same thing as long as you stay open and attentive to Awareness Itself rather than to the sensed pictures, the *things.* You will never be *unaware* of the things, but as long as you do not *attach* to them but stay aware of Awareness Itself, then you are in the kingdom of God; you are in God consciousness. You have nothing to describe, nothing to hold onto, nothing to need or desire from Awareness Itself. Awareness Itself *is all.* That which appears to be, is not that which *is.* That which appears to be is an objective sense of that which *is,* which is awareness, is infinite, omnipresent, borderless, uncontainable, unnameable, unconditional.

Awareness is all; therefore, what is sensed as the physical body is not a physical body but is a body of awareness. It is a body of awareness within and without, the body of Awareness Itself. There is not a cell of matter in it; there is not a physical organ or function; there are no skin, no brain, no eyes, no other physical sense faculties.

Realize —

I am the body of Awareness; my body is a body of my awareness.

Do not try to equate it to the physical. Fill yourself with Awareness Itself and be satisfied with the experience of Awareness alone. Nothing exists except Awareness.

I am a body of Awareness and because I am, *I am all that God is and has because God is Awareness Itself.*

Moving Your Sense of Awareness Around

Move your awareness into the center of your body, but maintain Awareness Itself rather than attaching your sense to organs or functions of the body. You are not attempting to be aware of a physical center of the body; you are not attempting to become aware of the "truth" of a physical body. There isn't any. You are aware of Awareness Itself *as* the body.

I am the body of awareness and besides awareness, there is nothing else about me.

I am not aware of; *I am aware* as. *I am aware as a body of Awareness Itself.*

Therefore what am I? What is my body? It is the infinitude; it is the omnipresence, the entire kingdom of God; it is the entire creation; it is the entirety of eternity itself. Eternity does not exist anywhere except as your body of awareness. If you believe it does exist somewhere else, then you're believing that there is existence outside of your awareness and that isn't true.

(A few minutes of silence)

Are you aware of Awareness Itself? Do you feel your body as awareness? Do you feel even a little released from the physical? Do you feel a little freer as the body of awareness? Then you are. Always remember that what may seem to be a little amount of Awareness Itself is actually the whole because you cannot have a little. God is infinite, omnipresent, indivisible. We can be *aware of* only a little, but actually what we are aware of is the entirety.

We are awakening from a deep sleep. We may, for awhile, feel only a "little" of the presence of Awareness Itself. Being *aware* of a little does not mean we *have* only a little. Hear it. As soon as we are even a little aware of Awareness Itself, we have the whole kingdom. The woman only had to touch the hem of the Master's clothing to be released from a lifetime of disease, not throw her arms around him and hold him to herself. Just the touch of the hem was enough for the entire healing, the whole kingdom to be evident. So if you are touching the hem of Awareness Itself, you have the whole of the kingdom this instant — visible, tangible, real, evident. It is done; it is complete. Your demonstration is complete; your manifested good is visible and real.

Now, how does your body feel? It feels good, doesn't it? It feels freer, feels healthier; it *is.* It feels more eternal; it *is.*

(A few moments of silence)

Now move your awareness back into the space in between – somewhere between you and that which seems to be. Choose an object to focus on and become aware of the center of the object, the substance rather than the apparent solid form of it. Remain in and as Awareness Itself. Realize that the object appears to have solid form, shape, size, color, and location but these are images alone. What it truly is, is Awareness Itself. There is nothing more or less about it.

(A few minutes of pondering and feeling the object's body of awareness)

What do you begin to sense about the object? Is it even a little different to you now compared to how it seemed when you observed it merely as a material object? Oh, yes it is. If it is Awareness Itself, which it is, what is its nature? What is its character? Is it finite or infinite? Is it local or omnipresent? Is it simply what it appears to be, or is it infinitely greater than its outer appearance?

This is your work every hour: As you observe an object, know it and feel it as Awareness Itself. Dismiss the way it appears to be (still seeing it, but dismissing the belief in its independent reality), keeping your awareness as Awareness Itself, as your only real interest, the only important aspect of this experience, the only thing you truly seek, the only actual entity, the only thing you want to know more about.

Never attempt to equate Awareness Itself to an object; do not attempt to link them. The object is merely sense imagery. It has no meaning in and of its own self; there is no correlation between it and any other imagery, any other form. It is a solo image of sense. That is all. It is entity-less, substance-less, form-less in itself. It has no power, no presence in itself. It has no character, no nature, no faculty, no use in itself. It seems to have these qualities, but judge not by the appearance. What we're interested in is truth.

We can still use the object as it's useful in sensory experience, but we are now aware of it as a body of Awareness Itself, and so we learn to be aware of our objective sense, our world, as it appears to be, but never attach to it, never seek anything for it of its own self, realizing that the truth of the it of it is Awareness Itself, God itself, the kingdom of God itself.

By seeking only Awareness Itself, seeking to remain in Awareness Itself, we have access to the kingdom of God — visible, real, palpable — *as* this object, and as all objectivity.

As you continue to observe your chosen object, see it, but do not see it; use it but do not use it. Do you see? Have it in your experience, but far more, have Awareness Itself filling you.

I am in the world, but not of it. I am in the object, but not of it. I am of Awareness Itself and the object is in my awareness.

My body is in my awareness; loved one, family, friends, students, the whole population, are in my awareness; money is in my awareness; my business is in my awareness; all its detail is in my awareness but I am not of them. I am, and am of, Awareness Itself.

I'll tell you a great secret about awareness. *Awareness is and can only be aware of itself.* We have heard this truth in many ways: Only God is; therefore only God *can.* Only God sees itself. Only truth sees itself. Only spirit sees itself. Realize it regarding Awareness. *Awareness is only aware of itself.*

The reason is that only Awareness is; only God is; nothing else exists, but it is fascinating and important to realize that Awareness sees only, and can see only, itself.

Now observe an expanse of your awareness — people, objects, places, amounts, colors, fragrances, weights, sizes, positions. Awareness can only be aware of itself, so what constitutes this expanse of your awareness? It is all Awareness Itself.

Nothing exists except Awareness Itself. What appears to be matter, isn't; it is awareness. What appear to be various materials, aren't; they are awareness. We may observe or be working with fabric, wood, metal, plaster, paint, color, fragrance, sound, flesh; we have what appears to be a mental mind thinking about and detecting a material world; we have what appears to be the physical body consisting of physical organs and functions. None of this is true. Awareness is, and can be aware only of itself.

All is Awareness Itself. Everything we are aware of is Awareness Itself. And because Awareness Itself is infinity, all is infinite. Awareness Itself is God; therefore all is and has the quality, nature and characteristic of God — infinity, omnipresence, eternity, perfection, the finished kingdom, unconditional good the same yesterday, today, and forever. Truth becomes evident in the most real and practical way because it is the only actuality. It becomes evident by the degree that we are filled with this truth, by the degree that we live this truth, by the degree that Awareness Itself is living us, is being and seeing itself for us, which is then sensed as the objective forms of good.

Our sole role in experience is one pointed: to seek the kingdom of God itself, to seek Awareness Itself *as itself, for itself.* That's it, and the reason that is all we are required to do, is because Awareness Itself *constitutes* all that God is and has. So when we seek, and when we are satisfied with, Awareness Itself, we discover that Awareness Itself pours through our uncluttered senses being its own image and likeness *for* us. We're not involved; we're not assistants to God. We have heard this in practically every Miracle Self book and class. It is time to take it literally: He performs that which we are given to do. It is the Father's good pleasure to give us the kingdom. The finished kingdom is inside you and it is outside you.

No "place" of your awareness is anything other than the full kingdom of good, but the only way of seeing it, of having it, of having the real experience is by seeking Awareness Itself, being satisfied with the experience of Awareness Itself, not wandering off trying to equate Awareness Itself to humanity, objectivity, physicality, materiality. Do not do it. Awareness is only aware of itself. What *appears to be* the universe, *appears to be* humanity, the physical body, the material objective world, isn't; it is Awareness Itself.

As we seek Awareness Itself, as we feel the presence of Awareness Itself alive in us, then along with Saint Paul we can say, I live, yet not I (not I, the personal sense of self), Awareness Itself lives me.

No matter *where* you are aware, no matter what you are aware *of* (which you now know is all Awareness Itself), it is your individual experience of awareness. Can you separate and divide your awareness? Can you take a scalpel and slice your awareness into two, move the two parts away from each other, so that you now have separate, divided awareness? No. Awareness is one and indivisible. Awareness is omnipresence, "closer than breathing, nearer than hands and feet."

I and awareness are one. I and awareness are synonyms. All is awareness; therefore I and all are one, indivisible, inseparable. Right here where I am, the infinity and omnipresence of awareness are. The awareness I am aware *with* constitutes, *is,* the entirety of the kingdom of God, good.

The whole universe, the whole of the infinitude, exists in and as my awareness. Therefore, I am and I have *all* that infinity is and has right here where I am, and right where (anywhere) I place my awareness. As we heard in Stand on Truth all those years ago, *Wherever you look, there I am.* You see more clearly what that means now.

And because Awareness Itself is and is fully visible as itself as all, when you yield your sense of awareness including your sense of the person or thing you are aware *of,* Awareness Itself is free in you to reveal itself as that which you observe. You now see clearly, and all is good.

You as you know yourself to be, and the world as you know it to be, do not disappear from awareness as you yield and let Awareness Itself take over. You and your world are revealed as their glorious and purposeful all-good reality. Earth as it is in heaven is opened to sense as we give our sense of awareness to that which it is in truth, Awareness Itself.

Give your I to *I* itself, give your being to *being* itself and then behold your fields of awareness yield abundant crops of good.

As we continually seek Awareness Itself and the experience of Awareness Itself, as our main purpose each day is to *feel* that presence, then wherever we look, whomever or whatever we observe is infallibly, tangibly evident as greater degrees of life, love, harmony and abundance. We are not interested in appearance, nor do we believe it or judge it. We are interested in Awareness Itself — the faculty of clear seeing.

As we ourselves maintain our awareness in Awareness Itself and continually yield to it, that *itself* is the faculty of truthful vision. We have no other effort to make, in truth, other than the one effort of keeping our awareness in Awareness Itself. The "rest" is automatic and infallible.

Seek the kingdom of God and all the *things* will be added. We do not have to go out there to get them, demonstrate them; we do not have to think about (take concern for) them, or mentally or materially manipulate the pairs of opposites to attain the good *things* we believe we need or desire. God constitutes all good, so when we have God all the good things of earth are included. We are not involved. We already *are* and *have* the kingdom of our perfect good right here where we are, whether that be in the so-called body or out of it, whether it be in here or out there. *I am* that I am. The one thing we must do is let God be God as God *is* in and through us. Then we discover that all the truth of truths becomes real and practical in our everyday experience.

We have been unable to *see* the infinity we are and have because we've been looking at, believing and seeking, the objects of awareness instead of Awareness Itself (which is what all is). We have sought good for that which appears to be; sought health or healing for what we have believed is the physical body; sought material good to solve material bad; sought to achieve or attain the good things and conditions of love, success, financial stability or even wealth, peace. Well, we cannot. All these experiences and an infinity more already exist. All we need do is wake up to and *be* what they are. Nothing of health is missing; nothing of love is missing; nothing of wealth is missing; nothing of harmony is missing; nothing of fulfilled purpose is missing. I am that I am. I only have to *awaken* to that which I eternally am and have. The way of it is to seek the kingdom of God and then "all these *things* will be added unto you". That which we were previously unaware of now fills our awareness. We wake up. Our eyes are opened.

"Whereas I was blind, now I see." My eyes are open. Awareness is seeing for me. The fog has dissipated. I am released and free. I am as limitless as Awareness Itself because I am Awareness Itself.

The world is yours; the entire objective sense of good without limit, without condition, is yours. There is no limit to any good, any category or place or amount, any form of immediate, visible good. The only limit is our own sense of limit brought about by our not abiding in Awareness Itself and having Awareness Itself abide in us; by attaching to that which seems to be – the human, the physical, the material, the objective. The entire world of good without limit is you and yours. *I and awareness are one. I and the Father are one. I and truth are one.*

As quickly as you can become aware of and live by Awareness Itself is how quickly your good is visibly with you because Awareness Itself *is the good,* fully formed, fully visible, fully real, fully practical.

Make sure you understand. We do not go to Awareness Itself to get objective good. Awareness Itself *is,* Awareness Itself constitutes all that good is, all that God is and has. Awareness Itself *is the good.* Our experience of Awareness Itself is our tangible experience of good. As we live and move and have our being in and as Awareness Itself, as we feel Awareness Itself living us more fully every day, the objective sense of it becomes evident. In other words, more good constantly flows and is evident throughout our experience.

this promise be true?

Well, it is true, but we have to understand how and why it is. Always remember, God or truth can only do for us what it can do through us. If our awareness is foggy or dull with belief, with personal self need or desire, if there is an aspect of truth that hasn't yet registered within, these act as blocks, disguising the omnipresence of good from our tangible sense.

Everything of existence is *in here — in and as awareness.* Nothing of existence is *out there,* not even one breath or thought away. Remember the poet: "Closer is he than breathing, and nearer than hands and feet." All that exists is closer to you than your very breath, closer than sense. This, the deep within and solitude of being, is where we do our truth work. If we believe we can do any work in the outer, or by considering the outer, we are mistaken. We have gone too far out from where truth is — the "secret place of the most high [the most within and pure]".

From the deep within, let us hear clarity around this so that you may see that which is.

All is God — synonyms are Awareness Itself, consciousness, incorporeality, infinity, omnipresence, omniscience, omnipotence, *I, I am.* Let us mainly use Awareness Itself.

All is Awareness Itself. Awareness Itself sees only itself. It does not see a belief about it, a concept of it, a perception or misperception about it. It does not see good and bad (which are opposite extremes of belief). Therefore, the multitudinous forms we observe — persons, bodies, activities, amounts, places; everything we see, hear, taste, touch, smell and think — are, despite appearance, Awareness Itself. All is the body of awareness. Wherever you look, there *I am* because nothing but *I* exists.

Nothing about appearance is untruthful as long as nothing is believed about it. As long as we exist in and as Awareness Itself, appearance is of the nature, character and quality of Awareness Itself — infinite, omnipresent, unconditional good. We exist without a personal sense of self, without idea, without need or desire, without attachment. We realize that everything everywhere is *is.* We cannot name and define *is* and we do not wish to try. All *is;* names, definitions and attachments are unnecessary. We know that the only thing that presents itself to us is *is.* No other power, presence, or form exists. *Is* presents itself to us because *is* is the only presence. The pictures of *is,* the three-dimensional images, have no meaning in themselves, have no consequence in themselves, have no correlation to anything else *in themselves.* Your and my appearances in themselves (as personal appearing selves) are nothing, are meaningless, powerless, substance-less, formless, principle-less. We have no power, no faculty, no purpose in and of our own selves. The one and only quality, meaning and purpose we have is as beings of *God-is.*

When we know this truth there is no need to believe anything about each other and no need to do anything for each other based on belief and appearance. We ignore appearance and accept the images of each other, no matter what they suggest, good or bad, as *is.* As your image of being and body presents itself to me it does not, in itself, mean anything. It is just an *is* in my experience. Who you truly are, is what matters and reveals itself to me when I know that you are the presence of God appearing as individual being, when I know that you, as true identity, are *I* or *I am,* "the Christ, the Son of [the individual objective sense of] the living God".

You are divine being presenting itself to me. Now every time I catch sight of you, even on the outer reaches of my peripheral awareness, you are a divine appointment to me, and I am to you because we both know that nothing except God presents itself to us. Even one minute with you is a divine appointment because nothing separate or less than the presence of God is taking place. Nothing else *ever* takes place because nothing except God *is.*

In a human state of existence, when we observe a flower, a tree, a person, it could either be of no particular interest or love to us, or of much interest and love. If we happen to know and love the flower, the tree, the person, we have a very different reaction to seeing it, him, or her than we do if we do not know or care for it, him, or her. This variable alone demonstrates the non-entity, the non-quality of the forms (sensed images) in themselves. They are *believed* to be entities in and of their own selves; therefore they can only bring up a good vs. bad response in the believer.

In a spiritual state of existence, on the other hand, we realize that all is the presence of God appearing to us as person, thing and condition. Therefore, all has the same value and quality to us. We sense *through* the outer-appearing form to the presence within. That presence is immortal, eternal, the tangible presence of God itself. Our previous human disinterest vs. interest softens and gradually dissolves and our spiritual recognition and God love for all emerges.

All is awareness within and without. Awareness is Awareness Itself or spirit. Our objective sense of people, things, conditions, places, and activities that constitute the universe are forms of awareness, not forms of matter. This is the key to the tangible God experience. Nothing except awareness is, and awareness has no matter in it whatsoever; therefore all form is the form of awareness. Mind is the faculty of awareness, bodies are bodies of awareness, objects are objectively sensed awareness. What appears to be corporeal isn't; all is incorporeal. What appears to be flesh, isn't; it is a form of awareness. What appears to be matter (and all the forms, the structures of matter) isn't; it is our material sense of that which is one hundred percent awareness. Awareness sees itself alone (because nothing except awareness exists). That which we are aware *of* is Awareness Itself.

Awareness Expanding

Because existence is infinite, we experience an infinite variety of seemingly different beings, bodies, materials, structures, places, circumstances. Our awareness is ever opening and expanding into the infinity of Awareness Itself. The expansion of awareness is witnessed as what appears to be an increase in the population and great industry advancements. There is no actual population increase or industry advancements. God is infinite individual being, faculty and function and as our awareness of infinity expands, we see it as greater "amounts" of improvement and fulfillment. "As I be lifted up I draw all men [material sense] unto me." (John 12:32) Each degree of expanded awareness witnesses itself as greater good form, faculty and function.

Buckminster Fuller's "Knowledge Doubling Curve" states that until 1900 human knowledge doubled approximately every century. By the end of World War II, knowledge was doubling every twenty-five years. Today, different categories of knowledge have different rates of growth. Nanotechnology knowledge is doubling every two years; clinical knowledge is doubling every eighteen months. On average human knowledge is doubling every thirteen months, and IBM research predicts that human knowledge will soon double every twelve hours.

This represents the speed at which collective human awareness is awakening. Most are unaware of what is taking place; they simply accept and enjoy the benefits of the outer forms of expanded awareness. Those of us who are awakening to true identity have clearer understanding and therefore recognize and value the outer forms for what they truly are:

God or Awareness Itself.

"Know the truth, and the truth will make you free." Almost every person is aware of great human, industry and world innovation; however, those *who do not know the truth* continue to exist in belief, experiencing the pairs of opposites. For them, great advancement and innovation sit side by side with greater pain and suffering. They suffer all the ills, diseases, stress, accidents, hardships, aversion, immorality and injustice that the rest of the population does. However, by the degree you and I maintain our awareness in and live by Awareness Itself we are largely free of and immune to the pairs of opposites, in God.

We eventually, by the degree of our attained purity of Awareness Itself, bypass the need for agencies of fulfillment. Living as and by Awareness Itself is the direct experience of oneness with all good. The *I* of us *is life itself;* we do not need agencies of life in the forms of drugs, manipulations or procedures. The *I* of us *is infinity itself;* we do not need the agencies of money, business, investment in order to evidence an infinity of wealth. The *I* of us *is love itself;* we do not need to find the right partner and learn effective love techniques in order to experience the fulfillment of love and relationship. I am that I am. It is my purpose, as realized *I,* to *give* to my world, not to get; to be the life, the supply, the love and the light of the world, not to go in search of these for personal fulfillment. "I am come that they might have life, and that they might have it more abundantly." (John 10:10)

We each must ever more recognize *I* as true identity and yield to it. Day by day, we awaken more to that which *is* and live by its principles. Our eyes are more opened, and as they are, we discover our lives filled with a greater degree of good — the one true life, self-contained, self-complete, ever-present, invariable, undamageable, unchangeable, unaffectable. *Is* does not, of course, require an agency of support or fulfillment. *Is is* — eternally self-embodied, active and purposeful. As we become attuned and live by Awareness Itself our lives are transformed. We become empty of self and its human and material reliances, and find ourselves animated and fulfilled as the self-embodiment, activity and purpose of is. One by one, the agencies of good we relied upon drop away until we are free in Awareness Itself.

We live in the world but are not of it. We no longer want or need worldly things in themselves. We *are* and *have* Awareness Itself living us — the infinite and omnipresent all good already established, demonstrated, manifested and visible within and without. Awareness *is* and sees itself "for us." As we release the desire and believed need for worldly things in themselves, only God remains in us, and we discover that with God alone, the infinity of God-*things* is included. God *constitutes* the objective sense of itself. "The kingdom of God is inside you and it is outside you." God sense is automatic and infallible when we leave it itself to *be*. We do not require an agency to give us the true image and likeness; the image and likeness is already present, and now we see it clearly.

Body

Your body is the one healthy and vital body. Through objective sense it appears to be physical, and it remains so for as long as we exist at the "this world" level of awareness. The objective sense of the body devoid of belief is true and beautiful and reveals itself to be so. Belief suggests that the body is exposed to both good and bad influence, that the body can be healthy, vital and youthful and can also fall victim to accident, injury, disease or old age. Belief is itself separateness and difference from God, and so when our awareness is imbued with belief, we are filled with the suggestion that the body is a physical entity not only separate from God but also from every other body on earth. Tens of thousands of industries have emerged to support the physical body to make the best of its health, fitness and beauty and to sooth or heal its infirmities, diseases and old age.

The spiritual body *is,* and does not need anything. It *is* life itself, eternity itself, perfection itself. It is full bodily purpose and fulfillment. "I am the life of the world." *I* am. Realize this of your *I,* your Awareness Itself.

The very *I* I am *is* the life of the world. This realization and experience is, if you like, the true "agency" — the realization of *I* being given to the world. That is the agency, the lotion, the pill, the procedure. You can give spiritual "lotions, pills and procedures" to your world each and every day, and you should do. This is casting the bread upon the waters and watching it come back to you thirtyfold, sixtyfold, a hundredfold.

Cast thy bread — thy spiritual awareness, the true agency of good, the realization that *I am the life of the world* — onto the waters of awareness. Then watch the miracles of life, the miracles of healing, come back abundantly and free as the constituents of Awareness Itself. Most profoundly, they are free to all who receive them. How much does it cost a person to receive your truthful agency, your spiritual lotion, pill, procedure, your conscious realization that all is life itself? It is free for all people who touch your awareness. It is the gift of God expressing through you.

The image you see of me and my body is actually the image and likeness of God despite the good or bad appearance belief tints it to be. In your *conscious* realization of life itself being all that exists, you know that what presents itself to you as the form of me is God itself as individual being. This conscious realization quickly heals me, by the degree of my receptivity. If I am unreceptive, your realization still witnesses my health and wholeness, but I might not sense it. My open or closed sense does not affect you and your demonstration. *You* have realized it and evidenced it within, and that's the one thing that matters.

It Is the Father's Good Pleasure to Give You the Kingdom

Omniscience *knows.* You do not have to know; I do not have to know; even the Master does not have to know. We of our own selves *cannot* know. "I of my own self can do nothing. . . . It is the Father within me that does these works", not I myself. Do not look to me. (John 5:30, John 14:10) "Truly, I say to you that the Son can do nothing of his own accord, except what he sees the Father doing; for the things which the Father does, the same the Son does also." (John 5:19)

Bring to mind the fact that only Awareness exists. What is awareness? Incorporeal or corporeal? Of course, awareness is incorporeal. Therefore, what is its nature? Is it infinite or finite, local or universal? Is it temporal or everlasting, matter or spirit, human or divine? We know the answers. *All* is Awareness Itself — *all, all!*

All *without exception,* no matter how we describe it, what we believe it to be, whether we believe it is within but not without, is the omnipresence of God. *All* is the omnipresence of Awareness Itself. Nothing exists except Awareness Itself "and the fullness thereof". All that exists is and is fully evident to Awareness as it itself is.

The forms of awareness have unfortunately been labeled human, mental, physical, material; all is believed to exist as a result of cause and effect; all is believed to exist in time and occupy a certain amount of space in the universe. And all is entirely incorrect. The *truth* is that all is Awareness Itself which has no label; which is infinity and omnipresence;

which is not the result of cause or the form of effect; which is timeless and spaceless.

We are, and are aware of bodies of awareness. Look into your room again and remind yourselves of this truth. We do not see human beings with fleshy bodies, we are not materially aware, we do not think mental thoughts with a mental mind. There *isn't* one, so how could it think mental thoughts? There isn't a physical body, so how could we experience physical conditions? There isn't a material world constituting material substances and forms, so how could we experience these? There isn't structure, size, shape, weight, color, fragrance. There is only Awareness Itself.

Knowing this, what explains our objective experience of Awareness Itself in which all these nuances of appearance seem to be real?

Awareness Itself is all; therefore mind is Awareness Itself. The mind is simply our current level of awareness — one of the "many mansions in my Father's house", one of the infinite degrees of awareness. And because this level of awareness is objective we have objective sense.

Because all of existence is oneness, mind (sense) *is* form. We do not sense separate form existing "out there"; sense itself is form - mind *is* form; form *is* mind. What we call *mind* is our avenue of awareness, and because awareness is infinite, the forms of our universe are infinite in variety, nature, and quality. It is for this reason that the infinity of universal form appears to us as having three-dimensions and endless localities, sizes, shapes, weights, colors and purposes.

When the infinity of universal form is devoid of our belief about it, it is witnessed as being true, boundless, divinely purposeful and forever fulfilling. Belief plunges our experience into pairs of opposites, and now we find our experience in a constant battle with itself — the battle between good and bad (God and evil). When it is realized that the mind is not a power that diminishes God, changes God, separates God but is the very presence of God simply objectively sensed, then form is free in us to appear and act God-like.

This is the key to what has been called healing, harmony, peace, prosperity, love. This is the whole key. The objective, three-dimensional, sense of God that we call "this world" is actually God itself, heaven itself. "This world" is a misleading term. If we believe in the existence of "this world" there must also be another called "that world" or "heaven." There isn't; there is only one. What is true of heaven is true of earth. What God does in heaven God does on earth because heaven and earth are one. "The place whereon you stand is holy ground." It would be better to omit every word and phrase except God or I Am. All is God. I live and move and have my being in the infinite ocean of God, of Awareness Itself. Our earthly existence is a wondrous, divinely purposeful experience of the only existence there is — which is God — which happens to be at this level of our awareness three-dimensional. But our three-dimensional sense has not changed God in the slightest.

As I see you, I see God. As I see all that constitutes my environment this hour, *I see God* because there is no other existence to see. "If you see me, you see the Father who sent me." The word "sent" is easily misunderstood. It means *is* this presence, *is* this form you see as me, the man or the woman. The Master is saying that if you see me, if you see this seemingly human being performing miraculous feats, it is not a man in possession of super powers, wielding them through a material world. You are seeing true identity — individual God being — in a high state of realization revealing truth. Realize that you (and every person regardless of realization) see the presence of Awareness Itself or God itself no matter whether that presence seems to be human, animal, vegetable, mineral, animate or inanimate.

No matter what you observe, what you experience, whether seemingly good or bad, it is Awareness Itself, the very presence of God itself.

Awareness is incorporeal even though it *seems,* to sense, to be corporeal. *There is no corporeality.* Corporality is nothing more than sense. In this realization lies the entire key to understanding how the Father knows what we have need of, and why it is his good pleasure to give it to us. All is incorporeal. Spiritual realization illumines our incorporeal awareness. Our illumined awareness reveals itself as a greater amount of health, abundance, love and harmony. In the language of old this was stated as *things being added unto us.* Clearer language states it as *opening to greater awareness* of that which *is.*

Look into your room again and actively realize that even though everything you observe seems to be corporeal, *it is not.* Only incorporeality is. I observe incorporeal being as I observe you. I observe incorporeal form as I observe my couch, chairs, ottoman, table, the garden, the flowers, the trees, the colors, the sounds, the fragrances.

The entire universe and all it constitutes is the infinite variety of mind form. Mind does not observe form; mind *is* form. Your awareness is not aware *of* form, awareness *is* form. You are aware *as,* not aware *of.*

There is no such thing as unformed God or awareness — unmanifested, undemonstrated, invisible, intangible God or awareness. Awareness is not ethereal. The accepted notion of an ethereal vs. a palpable existence is, again, belief alone. We have differentiated what we believe is God or spirit (ethereal, incorporeal) from that which we believe is human, physical and material (matter, corporeal). Such differentiation is untrue. God is one and omnipresent. Where can there be differentiation in oneness, in omnipresence?

Judge not by the appearance. This does not only mean that we should not judge physical appearance; it means that we should not judge anything. Judge not by anything we can name or define; that we see, hear, taste, touch, smell or imagine; that which we sense as being inner vs. outer, that which we have learned.

For humanity, education is undeniably beneficial, of course. In truth, it means nothing. We have to empty ourselves of every strand of our education in order to be available for the voice of God. "Neither do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved." (Matthew 9:17) "Be taught of God." (John 6:45)

Only Awareness Itself is true. Once we are imbued with Awareness Itself, we need no agency of knowledge or wisdom. We have lifted above and beyond all agency, including the agency of education.

The Father, Awareness Itself, knows what you have need of, and it is its good pleasure to give it to you. How? At every point of the infinitude — the place whereon you stand — there *is* the *fullness* of God, the utter and unconditional fulfillment of being within and without, visible and tangible as Awareness Itself.

Fulfillment is unconditional. God *is,* and God is infinite and omnipresent. Where, therefore, could there be condition, separateness, division? Or do we believe God sets conditions upon itself in order to experience the presence it already is? The notion is ridiculous to entertain.

God *is,* therefore the God experience *is;* and *is,* of course, *already is.* It's too late to be conditional. Fulfillment already is because all *is* the presence of God, which is fulfillment. All good, all knowledge, all wisdom, all direction is unconditionally available to our immediate experience because all that God is is Awareness Itself — your awareness. Fulfillment is not produced or dispatched as we lift into Awareness Itself. All fulfillment exists right where you are this instant. Lifted awareness makes us *aware* of that which already is, yet has until now been unseen. Good is not drawn to us as we pray, meditate, sit in class, and sit in silence, even though it may appear to be. Again, judge not by appearance. As you become ever more aware of *is,* you "draw all unto yourself" — your eyes are opened and you witness the finished kingdom of fulfillment in all its visible glory right where you are, *as you.*

God Is

God *is;* the finished kingdom of Awareness Itself *is,* within and without.

"The heavens and the earth were finished, and all the host of them. And God blessed and sanctified [them]." (Genesis 2:1-3)

What more could we possibly want when seeking the clarity of truth? No matter what is believed about life. the world, and God, and how it is described, it isn't that. All is God itself which is unnameable, undefineable, indescribable. Heaven and earth (the objective sense) is God. The only existence is the *finished* existence of utter and unconditional fulfillment.

The fact that we experience God three-dimensionally, objectively, in what seems to be an environment of cause and effect and time and space has no importance or consequence the minute we've lifted ourselves up into that which, in reality, all *is* — Awareness Itself or God consciousness. It has no consequence or validity because the only existence, the only presence, the only being, mind, body, thing, condition, place, activity, and amount *is* God which cannot be named or defined.

not, because ye ask amiss." (James 4:3)

God is Awareness Itself; God is incorporeal. The corporeal *sense* we believe is real, isn't; it has no reality; it is not an entity. If that which we sense is unreal in and of its own self, we cannot evidence truth in, as or for it. Truth can only be evident, and is, as that which is real.

The good we believe we have need of already exists right where we believe it's needed — as visible, tangible, practical form. "The Father knows" means the Father *is*. The father *is* what you have need of, and it is its good pleasure to give it to you.

Our one actual need, no matter which of the thousands of guises the sense of need takes on, is to have our eyes opened to that which is. We need spiritual awareness, instead of human, material awareness. As soon as we truly live as and by spiritual awareness, we have instant freedom of sense and things. All that God is and has is ours. Earth as it is in heaven becomes real experience for us. It is called the healing consciousness.

A person who turns to our spiritual consciousness in need of healing finds him or herself healed quickly. Why? We know that the body is a body of Awareness Itself, not physical. We are not presented with a physical body to heal. We are living what the body actually is, and because Awareness Itself sees itself, the person's whole and healthy body is quickly evident in its presence existing as us.

The evidence — the image and likeness — is infallible as long as "we" are out of the picture allowing Awareness Itself to be all-of-all.

This is the light on the statement, Your Father knows what you have need of, and it is his good pleasure to give you the kingdom.

CHAPTER SIX

Awareness Itself Does the Work

Omniscience knows; and omniscience is Awareness Itself. Awareness Itself knows. Awareness Itself *is.*

Awareness Itself is the omnipresence of all good. No matter what presents itself to us — a person, thing or condition — it is the omnipresence of all good Aware of Itself.

Think about that statement. We could live with that for a year and awaken to more of its truth everyday. As a person, a thing, a condition presents itself to you, it is the omnipresence of all good, all that God is and has. It is not anything else because there isn't anything else it can be. Only God is. This is as clear to me as 4×4 is 16. Four x 4 cannot be less, cannot be more, and cannot be absent. Four × 4 *is* 16. We cannot separate 4×4 from 16 or 16 from 4×4. We do not have to be good to have 4x4 is 16. We do not have to apologize to all the people we've offended over the years. We do not have to repair our so-called karmic debt.

The only existence is that of *is,* God, Awareness Itself — which is unconditional and unconditionally present good. Four x 4 is 16 no matter what we do or fail to do throughout the rest of life. Likewise, God *is,* no matter what.

God is the only existence; God is *all* there is. All is Awareness Itself despite the way it *appears* to be through this or as this level of awareness. When we are looking through a stained-glass window, sunlight *appears* through the stained glass to be multicolored. Sunlight itself is never multicolored, but the stained-glass window makes it appear to be.

In the same way we observe, we experience, *through* this level of awareness. We call it "the mind," but it is our current level of awareness which makes the one presence appear to be objective, three-dimensional, here and there, the effect of a cause existing somewhere in space at a certain time. These, like the colored light, are all and only appearances of *the one* that never changes, that can never *be* changed because no other power exists to change it, can never be reduced or diluted because there are no other powers to reduce or dilute. If there were, that which is changing, lessening or diluting God would have to be greater than omnipotence, which is nonsense.

Not only is there no other, but there is certainly no greater. God is the only; God is the almighty. God could not be the only and the almighty if there were something else and something mightier. Meditate deeply on this truth. Deep and consistent meditation is the key to realization.

Now that we have clear understanding that only Awareness Itself *is,* let us understand the miracle of good in our lives. We have heard that because only God is, only God *can.* In the language of this book, only Awareness Itself is; therefore only Awareness Itself *can.* How many times do we find ourselves needing to do something, achieve something, realize something: "If I can do this, I will have succeeded. If I can realize spirit sufficiently, I'll have sufficient spiritual realization to witness more good in my life. If I can know more about love, my relationship will be more beautiful, deeper, more meaningful, more joyous. If I can understand more about the life that God is, my body will be healthier and more youthful. I might be able to lose a little more weight and look better, or put a little more weight on and look better."

We believe that if we can set a good cause in motion we will obtain our concept of a good effect. Belief is the root problem. Every belief has an opposite, and all belief is filled with desire. We can almost stand to the side of ourselves and watch belief in operation — especially spiritual belief. If I can realize this truth or that truth I will be able to demonstrate it.

Now let's hear it again: Only Awareness Itself *is;* therefore only Awareness Itself *can.* You and I cannot because you and I are nothing in and of our own selves. If we believe we are something in and of our own selves, we get busy trying to "can" — I can or I might be able to or I will try to. I will give it my best effort. I will try to become more spiritual.

Haven't we been trying to become more spiritual since the day we first discovered God? We've been trying to attain spiritual realization since our first truth book or class. How many years ago is that for you? For me it was twenty — twenty years of trying to attain some measure of spiritual realization and miserably failing. Why do we miserably fail? *Because we of our own selves are nothing. Only God is; only Awareness Itself is.*

Let's think of the sun and the sunbeam. Can you imagine if the sunbeam believed itself to be separate from the sun? Of course it never can be, just as we can never be separate or separated from God, from truth, but *belief is experience; therefore* *belief-sense is experience.* If we're sensing falsely, if we're living as a personal sense of self, then that very believed existence will be our experience. Even though God is the only reality of us and our universe, it doesn't do us any good. If we believe or sense that we are separate, that we are different — and that therefore we ourselves have to succeed in life, including that we ourselves have to succeed in spiritual attainment because we're separate from God, we're different from God, we're human, not spiritual — then the discords and struggles of separation will be our experience.

Please friends, I urge you with everything I am, to hear this now. You have *never* been required to attain spiritual realization. Your very Awareness Itself *is* spiritual realization. You have never been required to do anything that will enable you to heal, to experience love, to experience prosperity, peace, harmony, joy, to be utterly fulfilled every hour of your life. You've never been required to do this yourself because there isn't a "your" self. There is only God self, individually here, right here as what the world calls "you."

Let's return to the sun and the sunbeam, assuming that the sunbeam believes she is different and separate, a personal sunbeam. Believing this, and therefore suffering much dark and cold, it makes sense that one day she will feel a stirring within and begin to study truth. As truth begins to alight within her, she will soon devote hours, years, and decades to attaining sun realization, trying to lift her awareness into the realization of oneness with the sun. *By making this effort she fails before she starts.* Do you see why?

She already *is* one with the sun; she is just *unaware* of it. The very belief that she is not will block her from realized oneness, block her from experiencing the tangible presence of oneness. And it will block her *forever* until the day she wakes up and realizes *I am* one with the sun. *I am* the very presence of the sun.

If she studies as a believed separateness and difference from the sun, she will study for eternity and never "attain" her conscious oneness with the sun. The only way she will attain conscious oneness with the sun is to wake up to the fact that her consciousness *is already* that of the sun because the sun *is* what she *is.* She would not exist if the sun did not, and the sun would not exist if the sunbeam did not. The sun and the sunbeam are one and the same existence. All that the sun is and has the sunbeam is and has because "one" and the "other" are the very same existence, form and activity. I live, yet not I; the sun lives my life. The sun is my Awareness Itself being individual and unique awareness as "me." And because the sun can never be unconscious of itself, my consciousness can never be unaware of its sun-ness.

The minute the sunbeam becomes aware of this one truth she experiences her freedom. She has awakened and her infinity and eternity are now conscious awareness instead of conscious unawareness.

In this way, *conscious awareness* of Awareness Itself is the greatest secret in all of heaven and earth.

You *are* the spiritual realization; you *are* the spiritual presence. You never have been separate. You never did have to study; you just had to wake up.

Once we know this, then we understand what all the classes and books are telling us — that we *are* the presence, but we have to *awaken* to this truth. Our eyes have to open. Nothing has to be achieved except awakening. Once we are awake to the truth of *is* — even by a grain — *is* quickly emerges through the fog we've lived with all this time, and harmony becomes evident. Harmony has been here all the time but we have been unable to see it through the fog.

Now when you reread any Miracle Self book and re-listen to any Miracle Self class with this awareness, watch how quickly you awaken. Watch how quickly all those classes and books come alive and fill your awareness with the living waters of realization. Every written and spoken word awakens you. You will not find one sentence that tells you you are absent of your oneness or absent of your good and that you have to find some way of attaining it, pleading with God to give it to you.

I am talking about true truth books, not metaphysics, but scientific truth books — books that speak of the one principle and practice of truth as taught and demonstrated by the Master Jesus the Christ and the great Prophets of the ages. There are not many such teachings; they are like the world's rarest diamond, so be careful.

True truth teachings — pure truth in which there is no mental, physical or material involvement ("Not by might, nor by power, but by my spirit, says the Lord of hosts"); where there is the understanding of both the nature of God and the nature of "this world" — are rare. The great majority of teachings that claim to be truth are not. The pure truth is available in the four Gospels and the rest of the New Testament; it is also found throughout the Old Testament but great spiritual discernment is needed. It is in The Gospel of Thomas and also in the Bhagavad Gita (in metaphoric form). Today you have it clearly and substantially throughout the Miracle Self and throughout Joel S. Goldsmith's Infinite Way (the widespread fruitage of these two teachings prove it). "By their fruits ye shall know them." Where there is impersonal self (healing, prosperity, love, harmony, peace, joy, fulfillment of purpose) there is God. Where there is a lack of these there is a lack of God consciousness.

The evident fruitage is the beginning, the continuation, and the end of knowing who is of God consciousness and who is not. "Narrow is the door, and difficult is the road which leads to life, and few are those who are found on it." (Matthew 7:14 Lamsa) If the fruits are lacking, truth is lacking. It's

> He performs the thing that is appointed for me; and many such things are with him. (Job 23:14)

Awareness Itself performs the thing that is appointed for me. What is appointed for us? The very form of this moment is that which is appointed for us, and he performs it. In other words, Awareness Itself is itself as itself objectively sensed as and *for* us. Sense and the objects of sense have nothing to do with the requirements, efforts and possession of a personal self. Sense is not our responsibility or work; rather It is the Father within me that does the works.

It does not matter how we may define what each moment consists of. We might be meditating in the early hours of the morning, sitting at our desk writing or working on a project, giving a talk, gathering with family or friends, preparing a meal or doing our housework. Whatever this moment is sensed as consisting of, its entire substance, form and experience is Awareness Itself.

I am that *which is the substance, form and experience of the moment. Therefore, the responsibility for the sensed forms of its fulfillment is Mine.*

I am fulfillment, *and* I am that *which is visible and tangible as each moment's fulfillment.*

As long as I am *free in you to shine through your senses unclouded, you see and have the fulfillment of each moment freely sensed as "this world's" fulfillment.*

When we know this truth and stop believing that a personal self called you or called me is living a separate and different life from Awareness Itself, we stop taking responsibility for the nature, purpose and outcome of the moment.

It is not your or my responsibility to see and to have the tangible forms of God, good. We cannot. We do not have a faculty for seeing and for having truth. We are nothing of our own selves. Only Awareness Itself is; therefore only Awareness Itself is the visibility and tangibility of fulfillment.

What we have believed to be our personal selves is actually our body of awareness. We are divine being, spiritual being, incorporeal being, infinite being, omnipresent being, not finite, local, temporal, mental and physical human beings existing for only a short time in a material world. The seeming human existence and material universe have nothing to do with existence itself. Existence itself is Awareness Itself. And because Awareness is omnipresence, every form of awareness is and has all that Awareness Itself is and has.

Only Awareness Itself is able to present our true experience, just as only the sun itself is able to present the fully illumined and formed sunbeam. The sunbeam cannot do it. The sunbeam is not a separate self with its own faculties. There is nothing in it that can generate its own light and heat, its own visibility and fulfillment. Nor is there in us. We have believed we have personal lives and faculties, and we run on the fickle steam of that belief, but how quickly it fizzles and eventually, after a few decades at most, dies.

When we understand this we also understand the nature of every problem. The belief in a personal self is the only disease, the only poverty, the only injustice, the only birth and death. The moment the personal self is dropped and Awareness Itself is lived, problems no longer exist.

> He performs his covenant, and many such things are with him. (Job 23:14, Lamsa translation)

The word "covenant" is defined in Merriam-Webster as

> 1. a formal solemn agreement intended as binding
> 2. an undertaking or promise of legal validity such as a contract under seal; the document or writing containing the terms of the agreement or promise.

> 3. the promises of God as revealed in the scriptures, conditioned on certain terms on the part of humanity, such as an agreement regarded as having been made between God and Israel whereby Israel was to be faithful to God.

The Israelites are the awakening ones. "Faithful to God" means faithful as spiritual being, awakened in truth, faithful to Awareness Itself as being all, as God itself as being all, rather than the belief in God *and* humanity, God *and* matter, God *and* thing and condition. In the infinity of God there can be no *and.* Existence is one hundred percent God. God is God as God. Nothing else exists. This is why the Master reminded us that "ye are gods". We are spiritual being not human being. We are beings and bodies of awareness not of mentality and physicality. As we live as and by Awareness Itself, yielding everything of "our" senses, Awareness Itself is, sees and has the forms of Itself as us. Now we are aware spiritually not humanly, not materially, physically or mentally, and now everything we are aware of is of Awareness Itself which is fulfillment.

Israel was to be faithful to God, and God was to protect and bless his faithful people.

> 4. a promise regarded as having been enacted by God and granting redemption and salvation to humanity [in other words, redemption and salvation from belief] through . . . [the consciousness of truth.]

Salvation comes as spiritual awareness, by the act of spiritualizing awareness, being aware of Awareness Itself being all-of-all, and living by it.

> When he, the spirit of truth, is come he will guide you into all truth. (John 16:13)

"When he, the spirit of truth, is come . . ." means when we lift or move into the awareness of Awareness Itself or when we leave humanity (materiality, physicality, mentality) behind, put it aside in the realization that it of its own self is nothing.

We do not have to do anything with belief because it is unreal. Hear it: We never have to do anything about that which *seems* to be. The very thing that seems to need our help, even urgent help, is a decoy. It does not need anything because what is actually present is the substance, form and visibility of God itself, where to material sense there seems to be bad or lack, limitation or disease.

What we need to do is lift *away* from the false sense of existence into truth where all *true* existence is visible and real. This is the only need. So, "When he the spirit of truth is come" means when we have lifted up into the awareness of Awareness Itself and are able to rest there and start *feeling* the presence in us and as us. That is when "he the spirit of truth is come" — is come into conscious awareness. We are now consciously aware of the presence of Awareness Itself, and as we rest in its felt presence, as we relax everything of us, as we let go, we fall back empty, a nothingness, a vacuum. It is at this point that our eyes are opened and we see as Awareness Itself is as and "through" us.

Remember, *he* performs; we do not. Our previously closed eyes are opened. We experience our ever-existent spiritual awareness objectively sensed as the good forms of our lives as we rest in the *feeling* of the presence of God. The consciously experienced presence of God opens our eyes to what we and all truly are. He performs; we do not. We rest and witness.

Right here we have the whole key to spiritual living: We rest in the felt presence and we witness. That's it. We're not involved; we're not assistants to God, and we cannot be. We rest in the presence and we witness, just like the sunbeam.

She rests and witnesses. She is not a personal sunbeam having to make effort for her own light and heat, struggling to meet the demands of the day. She rests and witnesses the infinity of the sun being all she is, has, and experiences.

> . . . he will guide you into all truth. (John 16:13)

There it is again: *he* will guide you. Awareness Itself will guide you.

The guiding and revealing presence is explained like this:

> The Comforter, which is the Holy Spirit, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.
> (John 14:26)

The comforter is the Holy Spirit. The comforter, the spirit, is Awareness Itself, the "he [that] shall teach you all things". It is the felt presence of Awareness Itself that teaches us, that opens our eyes to the truth of *all* things. This is why the Holy Spirit is called the comforter by the Master. Indeed, spirit is very comforting because with it we have truth made evident throughout our experience. The truth that is made evident throughout our experience is Awareness Itself being experienced as itself.

We must know this truth and then be satisfied with the experience of Awareness Itself *as* itself. Why "as itself"? Because all formation is the body of Awareness Itself, sensed objectively as the multitude of forms that constitute our universe. The one form is sensed as multitudinous form through mind that is, at our current level of awareness, objective, three-dimensional, infinite in variety. We witness so-called bodies of awareness, but each body (form, thing) is not a container of finiteness. Each form is the infinity and omnipresence of awareness. You are that; I am that; all is that.

The Father (I) will send the comforter, the Master assured the disciples. When you reach up into Me, not a person but into truth, then that truth will send, will *be,* the instant comforter. The moment we touch the hem of Awareness Itself, the very moment we even begin to feel the presence of Awareness Itself, we have the comforter, and because the comforter is never and cannot be unformed, invisible, intangible, we instantaneously have the form of the comforter — the good, the healing, the sufficiency, the food, the life, the love.

However, all form is, despite the way it is sensed, always and only ever Awareness Itself. Never seek Awareness Itself looking like a physical body, you'll fail; looking like material dollars, you'll fail; looking like human love, you will fail. Be satisfied with Awareness Itself as Itself as all-of-all. Then your senses are (and remain) clear. Belief is not clogging them. They are free to witness the image and likeness of Awareness Itself.

The mind is the faculty of awareness. Kept free of belief, our senses are unclogged and free to witness the image and likeness of Awareness Itself being all form, and all is good.

I will put my spirit in you, and ye shall live. . . . (Ezekiel 37:14)

"I [Awareness Itself] will put my spirit in you . . ." I will fill your awareness with Me, with Awareness Itself. Can you hear the sunbeam realizing this, reading its book of truth? I, the sun, will put my spirit (my light and heat) in you ". . . and you shall live." *I will put my spirit in you, and you will live.*

Good is automatic and infallible as we realize that Awareness Itself is *all,* as we reach up into Awareness Itself, seek nothing but Awareness Itself, rest in Awareness Itself, open to the experience of Awareness Itself being itself as all, and being satisfied with the experience. In this way, we have the keys to the kingdom of good, the very kingdom of God; and our lives are infallibly and automatically fulfilled. We are filled with life itself.

Some may call it miraculous healing; others may call it the multiplication of loaves and fishes or dollars or business success or opportunity opening its doors; still others may call it homes for the homeless, clothes for the naked, safety for those who are under threat, security for the insecure, love where there seems to be an absence of love. As the Master stated it, I am come that you may have life and have it more abundantly. *I* am come into conscious awareness.

> . . . I will pour out of my spirit upon all flesh . . . (Acts 2:17)

"Flesh" means objective sense, form: I will fill objective sense to overflowing with me, with the truth, with visibility and clarity, with *truthful* objective sense.

There is nothing wrong with objective sense in itself. If there were something wrong with flesh, spirit couldn't pour itself into it. Oh no, there is nothing wrong with flesh; flesh is the spiritual presence and form simply *sensed objectively* as what we name and define as person, thing and condition. We sense the one body of Awareness conceptually. The concept of flesh — that which we call the human body and the material thing — is unreal in and of itself; it is simply a body of awareness in our experience.

I will pour out of *My* spirit, of *Myself — Awareness Itself will pour itself upon all flesh, upon all objective sense.*

> Know you not that you are the temple of God, and that
> the Spirit of God dwells in you? (1 Corinthians 3:16)

"Do you not know [are you unaware] that you are the temple of God [you are the body of Awareness Itself] and that the Spirit of God [the visibility and reality of Awareness Itself] dwells in you?" It always has, but we have believed and entertained a prodigal sense.

A teacher once said, "There is a church service going on inside of you twenty-four hours a day, but are *you there?*" Do you not know that you are *the* temple of God, the very formation, the very being, the very awareness, the very body, the very universe of God, of Awareness Itself, and that the spirit, the alive awareness, the visible presence of God, of Awareness Itself, dwells in you, is what you are, is the very substance, form and flesh of you?

> For it is God which works in you both to will and to do of his good pleasure. (Philippians 2:13)

It is both the presence of, the eternal unchanging existence of (as the will of God), and the activity of God itself that does his good pleasure, that awakens us, that opens our eyes to truth. The Master explained it like this:

> Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. (Luke 12:32)
>
> For it is not you that speak, but the Spirit of your Father which speaks in you. (Matthew 10:20)

When we hear the word "speak(s)," realize that it means the truth and the form, the Word as the Form of itself as you. When you think, when you act, it is not you that speaks but "the Spirit of your Father which speaks in you". It is Awareness Itself being individual you, as your immediately apprehensible truth of sense.

If we take ownership of our being and the things that constitute our experience, we lock the kingdom of God out of sense. If we believe our mind is ours, our body is ours, our money is ours, our business is ours, our family is ours, we personalize and finitize our experience of them by that belief. This belief in me-my-mine, in personal self, has cut out the *entire* infinity and omnipresence of all truthful experience from our sense.

We have taken over what is not ours; we have "hijacked God" and now we have to suffer it. But hear this: "It is not you that speak. . . ." It is not you that lives, not you that does anything (or is even capable) ". . . but the Spirit of your Father which speaks in you." It is the presence of Awareness Itself that speaks in you, which sees, hears, tastes, touches, smells, acts, thinks in and as you.

"The earth [the whole objective sense] is the Lord's [the mind's, awareness's] and the fullness thereof." So give it to Awareness; give it to the Lord; give it God. Surrender the self and yield to the presence of God right here in practical experience.

> The Spirit itself bears witness with our spirit, that we are the children of God. (Romans 8:16)

It is the "Spirit itself that bears witness with our spirit" because I and the Father are one. The Father is *I; I* is the Father. As we know this truth and yield our *sense* of *I* to *I itself* we have made ourselves empty and available for *I itself* to bear witness as our I.

Only God is; therefore only God can. Only God Itself — Awareness Itself, Spirit Itself — sees itself as it is. We have heard these truths throughout the Miracle Self teachings, and here Romans 8 gives it to us "officially." The particular words used for a statement of truth today are no less authoritative than those used two thousand years ago, as long as they do not come from a personal sense or intellect, but are the voice of God itself coming through a transparency of self. The teachings of the Miracle Self (and the Infinite Way) are the voice of God coming to us through the window or transparency of teacher. They are modern-day scripture.

"It is the Spirit that bears witness" because only spirit can see itself; we cannot. Only Awareness Itself can see itself as individual being *and does,* if we will let it. "I live; yet not I, but Christ lives in me." (Galatians 2:20) Use any true synonym you prefer for the word "Christ" — Awareness Itself lives me, God itself lives me, spirit itself lives me, consciousness itself lives me, infinity itself lives me.

I live, yet not I, infinity itself lives me. Isn't that a wonderful truth to wake up to each morning? Infinity lives me as all that I am, have, see and experience.

I live; yet not I, omnipresence lives me. I live; yet not I, love lives me as all that I experience universally. I live yet not I, life itself lives me as all of my universal experience. *If we yield* and let it, *then* we witness it; *then* we have it as real and practical experience.

> For the Holy Spirit shall teach you in the same hour what you ought to say. (Luke 12:12)

Do not take this statement as literally as it sounds. Existence is not divided into different departments — presence vs. speech vs. sight vs. hearing vs. touch. All is one, and all is present and active as one. The *whole* is the only, and that whole is indivisible, inseparable.

Knowing this we can read this and any scripture with greater spiritual discernment. "For the Holy Spirit [Awareness Itself] shall teach you [shall reveal to you] in the same hour [in this moment of now] what you ought to say." It reveals to you what you hear coming out of your mouth, the truth of form, the truth of being, the truth of awareness, the truth of love, relationship, money, business.

The Holy Spirit shall teach you, shall reveal to you. *He performs,* not we ourselves. Awareness Itself performs. Father-Mother existence performs, not we ourselves. "For it is not ye that speak, but the Spirit of your Father which speaketh in you." (Matthew 10:20)

> . . . Not by might, nor by power, but by my spirit, says the Lord of hosts. (Zechariah 4:6)

"Says the Lord of hosts" means, says the unconditioned mind — the Lord (mind) of hosts (form); says the truth of experience, existence, being, form, body, thing, amount, place, condition. "Not by might [not by physical effort], nor by power [not by mental effort or manipulation], but by my spirit."

In other words, here we are faced with what is, according to sense testimony, a human problem of disease or lack or limitation or poverty or homelessness; a tsunami, tornado, earthquake, contagion, or war. We are faced with what *seems* to be a very real and pressing physical or material problem and, according to appearance, what seems to need a mental or physical solution.

But the voice of truth says: "Not by might" — not by physical or material effort or reliance — "nor by power" — nor by mental effort, persuasion, or manipulation, including not by the effort to become spiritual enough so that God will solve the named and defined problem for us.

Remove all might and all power from yourself and what do you have left? You are a heap of personal self nothingness, along with me, and the Master himself. "I can do nothing of my own self: as I hear, I judge: and my judgment is just [my awareness is true]; because I seek not my own will, but the will of the Father which has sent me." (John 5:30)

In other words, I can do nothing by my own effort, but I can witness everything being done "by my spirit, says the Lord of hosts." The Lord of Hosts means the truth of form, the truth of the objective sense or earth. The Lord of hosts is telling us not to use human, material or physical effort, to drop all effort to heal the problem. The problem does not exist in God; it is merely belief. Leave it alone, and turn to Awareness Itself.

Why on earth would the prophet be telling us to do nothing of our own selves when the problem facing us obviously requires its opposite as the solution? Because there are no opposites in God. Where the problem seems to be, nothing except God actually is. And because God is eternal, unchanging existence, the form which to sense testimony appears diseased or discordant is actually healthy and harmonious this instant.

The prophet knows that the problem is nothing but a false sense of the one presence, which is Awareness Itself. Ignore the false sense and get up into Awareness Itself. There you will discover that as you sit resting, feeling the presence, and as you are satisfied with that experience, Awareness Itself pours through the senses and reveals itself as the only truth of being, mind, body, thing, condition, and amount.

> It is the spirit that quickens; the flesh profits nothing: the words that I speak unto you, they are spirit, and they are life. (John 6:63)

"It is the spirit that quickens . . ." Quickens what? Quickens our senses, quickens our awareness, opens our eyes more quickly to that which *is.* ". . . the flesh [the objective sense of and effort toward being, body and world] profits nothing." There we go again: Only God is; therefore only God can. We are nothing of our own selves; therefore we cannot do anything *for* our own selves. We *believe* we can; we believe we can manipulate the body and the material world, but, honestly, how long does any manipulation (even if we do succeed) last? It doesn't last long, does it? Nothing of material or physical good in itself lasts. Why? Because it is only belief; it does not have any law or substance, principal, presence, form, visibility to it to sustain itself in experience. It is merely imagery.

If we succeed in manipulating imagery, because it of itself has no substance, form, law, or principle to it, it soon fades away or disintegrates, and we're left at square one, usually worse than we were to begin with. We now need even more health, even more money, even more love. The good things and conditions of belief disintegrate in front of us just as we believe we can start relying on them. We cannot rely on them: ". . . the flesh profits nothing." The form, the image, profits nothing; that which we sense in and of its own self profits nothing. It is the *spirit* that quickens, the *spirit* that reveals the *truth* of form.

". . . [T]he words that I speak unto you, they are spirit and they are life." In other words, the truth you are hearing or feeling is spirit, is Awareness Itself, is God itself welling up within and becoming known. The experience of truth welling up within is Awareness Itself and so of course you now become aware.

The *I* of you has no personal self in it whatsoever. *I* is the very presence of God in you and as you, so the words *I* speak to you, they are spirit and they are life, they are the very form, substance, visibility of all good, the truthful image and likeness, the finished kingdom of fulfillment, earth as it is in heaven. The very word *I* speak *is* the form of itself objectively sensed by you and by me.

Now do you see why the Master instantaneously healed the multitudes? The very word *I* speak, the very spirit *I am is itself* the form objectively witnessed. There is no such thing as unformed, unmanifested, undemonstrated, invisible, intangible, impractical God. The Master is telling us this: the very presence of me and the very words *I* speak to you are not mine myself but are the Father's who sent me, so they

CHAPTER SEVEN

THE INFINITY OF ALL THINGS

I is the light that *is* God. *I* is Awareness Itself which is all and constitutes all-of-all that God is, that good is, that fulfillment is — all. No matter how we describe all, whether we describe it as ethereal or palpable, inner or outer, *I* (or Awareness Itself) *is* and constitutes the all-of-all that truth, that God is; all that visible, tangible truth is.

"The words that I speak unto you, they are spirit, and they are life." (John 6:63) The presence of God on earth does not *produce* healing, *produce* peace and harmony, *produce* fulfillment but *is itself* these. The very words I share with you — the words you are aware of on this page — are the spirit (substance) and the life (form), visibly so, real, practical, right here where you are, and where I am.

Being aware of Awareness Itself, seeking nothing but Awareness Itself for itself is the key, *is itself* the spirit and the life, visibly so, tangibly so. Awareness and form are one. The fact that you are aware of these words as spirit and as life is the visible, tangible substance and form of them in your immediate experience. But again, you must know this truth and then rest in it, to experience it.

Look at the far side of your room, the wall, a painting, the window, a flower. Now your awareness is filled with objective sense. Your faculties are busy, processing that which you believe is real, that which you have affixed your awareness to. Now pull your awareness back into the middle space between you and the object you observe. Become aware of Awareness Itself. Now rather than believing that you are aware *with* your awareness, *of* an object, begin to realize that Awareness Itself is all "three": *you,* the awareness you are aware *with,* and the *object* of awareness. Feel Awareness Itself "happening" as or within you.

(A few minutes of silence)

You cannot really define the seemingly empty space you are now aware of. Nothing exists there to name, define, attach to. Because you have now moved your awareness into the nameless undefinable, you are instantly free of name and definition, of good and bad, of physical limitations and laws. You exist in the world but not of it. You are the unencumbered self — free in Awareness Itself, devoid of burden, of need, of desire, of problem. You are even free of human good, which is at best finite, temporal good, the good end of good-and-bad. You are free in the realm of truth. As you remain there you will quickly see it as objective good in your body and world.

You are now aware as infinity, as omnipresence, without being contained, without limitation. There is no beginning or end, no birth or death, no here or there, no shape, size, amount, place, condition; no good vs. bad.

You are aware as Awareness Itself when you are unable to define your awareness — when you are empty of self and objectivity, bathing in the middle space. You are aware of Awareness Itself; you *feel* the substance, the presence, the warmth, the love.

This is the entire key. As you feel the presence of Awareness Itself and as you relax in it and *as* it, as you let go of everything you can describe yourself as being, everything you sense you may need or want, and truly begin to *let Awareness Itself live as itself for itself as you and your world,* you are being the spirit and the life which is quickly evident as objective fulfillment.

Truth is now tangible in you, "closer than breathing, nearer than hands and feet". You are the spirit (the substance) and the life (the form) that is objectively sensed as good (God) people, things and conditions.

No Inner vs. Outer

There is no inner vs. outer in Awareness Itself or in our sense of awareness. As long as we do not attach awareness to person or thing, our awareness is omnipresence. You can demonstrate this in seconds.

Bring your awareness again to the center of your room, detached from all objects. Rest there for a few seconds. Is there an inner or an outer to your awareness?

There is none.

Is there an area of your awareness that is less full of awareness than another area?

There is none.

Awareness is omnipresence.

Bring your awareness to the nearest object in your room; now to the center of your room; and now through the window to the farthest place you can see. Isn't it true that your Awareness Itself is as full and alive "right here" as it is "all the way over there"?

Awareness has no inner or outer. Awareness is omnipresence. The infinitude is Awareness Itself, God itself. And because awareness can only see itself, what we are aware of as our universe is a vast array of awareness-forms. Because all is Awareness Itself, all form is visible, tangible infinity and omnipresence.

There is no separation or difference in Awareness Itself. There is no invisible vs. visible, intangible vs. tangible. There is no different place or state. There is no different experience. There is only one, which is Awareness Itself and the body of Awareness Itself, which is the visible, tangible form, no matter where you are aware (or of what or whom).

Wherever you are, there *I am.* Wherever you place your awareness, your thought, your sense, there *I am.*

Living the Rested State of Being

As you learn to live in and as the finished kingdom of Awareness Itself you live a rested state of being. You do not mentalize or labor for good; you rest, behold, and serve. You live twenty-four hours a day as the rested self — the peaceful, spacious, open, receptive-to-spirit, receptive-to-Awareness Itself — self. "I live yet not I, Christ lives my life" (or Buddha or Awareness Itself, God, spirit lives my life).

I live a deeper realm of awareness than that of sense testimony alone. I live Awareness Itself which is beyond or deeper than objective sense. The *I* that *I am* is Awareness Itself which constitutes all that God is and has; all that *is* God.

Remember that our objective sense does not change or dilute the presence of God. The forms that we witness *are* the fullness of God. When we know this truth, and when we seek nothing but that pure Awareness Itself instead of things and qualities of the world, "the Father's good pleasure" enables our sense to detect the presence of fulfillment instead of the appearing discord, lack and limitation of belief.

But we have to know the truth in order to be set free in truth. Without knowing the truth, we cannot see truth. Our senses are blocked because of the belief in two-ness, in separation, in difference.

Now let us get back into the middle space, the space in between — the seeming nothingness, the thin air devoid of objectivity. Realize that what seems to be empty space is in fact the fullness of Awareness. Feel the presence and activity of awareness within. Feel the unencumbered self, feel the freedom, feel the limitlessness of Awareness Itself. You may feel it as warmth, as peace, as a sense of release, a sense of joy or bliss, a sense of being in the arms of God, safe and protected.

Now move your awareness into the center, the substance, of an object. Realize that the object, although appearing to be solid, structural, of a particular size, shape and location, is actually a body of awareness. Rest your awareness in its body of awareness. Realize that "all three" — you, the object, and the awareness you are aware with, is the *one* presence and activity of Awareness Itself.

(Rest, feeling, being aware of Awareness Itself for a moment)

Rest in the presence more deeply, relaxedly, confidently. Deeply let go, and simply behold the experience of Awareness Itself existing as you and your environment.

Even though you are aware of the object remain as Awareness Itself so that the object is entirely un-interesting to you, in itself. It is just an *is* in your experience; therefore it cannot have any good or bad quality about it, in itself. It cannot tempt you to want something for it or from it, in itself, because you know that it is actually a body of Awareness and is therefore the fullness of God itself.

As we feel (as we are aware of) the presence living within, we *have* the infinity and omnipresence of fulfillment. Experiencing (feeling) the presence *is* the experience of fulfillment. It is done. Then, within a few minutes, hours, or days we see the objective sense of it as what the *world* calls material fulfillment.

The feeling, the experience, is the spirit and the life. "The words I speak unto you are spirit [are the substance, the presence] and the life [the form, the visibility, the tangible, palpable, practical, reality right here where you are and throughout your consciousness]" — the true image and likeness; the fullness of good.

It is true that there is no absence of God anywhere throughout infinity but because God is Awareness, it takes our conscious *awareness* of the presence of God — feeling the presence, experiencing the presence within — in order to see it as so-called outer presence. Our senses must be clear of materiality to be clear for God experience.

As we feel the presence of Awareness Itself (even in or as body, person, thing, condition) we are being that which all truthfully is. We are being a god which is the one state of being that evidences God.

The key is being aware of Awareness Itself, not attaching to or becoming entwined in that which seems to be, not attempting to demonstrate transformation in the outer, but rather, knowing that no transformation is necessary. All already *is*. Anything that seems to need change is a lie, a false picture. God stands right where the false picture suggests an absence of God. And because God is fully visible and tangible as itself to itself for itself, the minute we are being

The word *one* alone should root out of us all belief in separateness, difference, division. There is only oneness. The whole of oneness exists at every point of the infinitude at the same time, and is made real and visible to our sense as we abide as Awareness Itself and feel Awareness Itself abiding in us. We are not required to mentalize or convert Awareness Itself into our tangible fulfillment. Awareness Itself already *is* within and without.

The only state of being that believes the outer is separate and different from the inner is the personal self. But "I of my own self am nothing". If the personal self is nothing of its own self everything it believes is also nothing. If we have not yet awakened to this, and continue attempting to demonstrate what the personal sense of self believes it needs, we are being fooled by belief, the devil.

"Get thee hence Satan." Ignore belief and realize *I am. I already am;* and because *I am, I have.* I do not need to become, to achieve, to attain. *I am,* and *I am all. I* am all-of-all within and without, the one presence, visible, tangible, real, here, now.

We only have to *be* Awareness Itself to see its earth forms clearly and fully. We have to be the one presence of truth — alive, alight, visible, real, practical. And what is that truth? Awareness Itself. Awareness Itself never has become something else, something separate, something different. The inner is the outer and the outer is the inner. Why then would we have to convert Awareness Itself to something different in the outer? Why would we need fulfillment in what we believe is a different state of form or being or body or awareness in order to tangibly have it? There is no different state of anything. There is no different state of awareness. Only Awareness Itself exists.

As you live as Awareness Itself, knowing the great secret that Awareness Itself *is all,* that Awareness Itself is the finished kingdom of heaven and earth and all the host of them, and continuously yield your sense of awareness to Awareness Itself, then Awareness Itself lives your life.

Awareness Itself exists inside you and outside you, there being no difference between inner and outer. As you live, yet not you, Awareness Itself lives your life; as you see, but do not see, Awareness Itself sees itself as you and for you; as you hear, but do not hear, Awareness Itself hears itself as you and for you; as you taste but do not taste, Awareness Itself tastes itself as you and for you; as you touch, but do not touch, Awareness Itself touches itself as you and for you; as you smell but do not smell, Awareness Itself smells itself as you and for you; as you think, but do not think, Awareness Itself thinks as itself as you and for you; as you act, but do not act, Awareness Itself acts as itself for you and as you.

In this way (and only in this way) is truth visible and tangible throughout your experience. Then (and only then) do we have life and nothing but life, with nothing that can touch that life. If Awareness Itself is living Itself as the only existence as us, through us, for us, what can touch our life? What can affect, what can damage, our life? What can be sick, injured or diseased? What negative, destructive powers can cause these mis-experiences? None exist. Only oneness exists.

As Awareness Itself lives itself as us, for us, through us, where is limit? Where is lack? Where is an absence of good, when good and abundance are Awareness Itself, which has no limit, which *is* the infinite itself, which *is* omnipresence itself; which, as we experience it, *is the spirit and the life.* The words I speak unto you, the presence happening in you, as you, *are* the spirit and the life.

Nothing else exists. Nothing else has to happen. Awareness Itself is all, visible, real, right here where you are — the *I* that *is* the spirit and life of all. Human sense describes the forms of *I* as material abundance, dollars, opportunity, doors opening, success, but we know nothing of the sort is true.

We know that Awareness Itself is all of all, and is already and forever whole and complete. As we are *being* Awareness Itself unto our world, never slipping out of Awareness Itself, we are the light of the world; we are the light of truthful world; we are the illumined, truthful, visible evidence, the visible illumined form, the reality of our experience.

Do you catch that you have to *be* that which God is for all in your world? If we are not being the god of your world the people, things and conditions of your world cannot reveal their truth to you. Truth cannot reveal itself to any individual who is not being what truth is. Just as the sunbeam has to be what the sun is in order to reveal light and the heat throughout its universe, so we must be a god in order to evidence God as our world. We have to *be* the suns of and for our world. We have to be the spirit and the truth. Do you see? We are the gods of our universe, so we have to *be* that god. And what is that exactly? Precisely how do we evidence truth where there seems to be none (or very little), or seems to be a problem that will not yield? How precisely do we *be* the god, the light of our world? *Being aware of Awareness Itself is the key.*

Being the very being of Awareness Itself, empty of personal self, *letting and beholding* the radiance of Awareness *being* the forms of itself throughout our world — this is the way.

Boundless Supply

Because Awareness is boundless and omnipresent, supply and its forms, including dollars, are boundless and omnipresent.

Take a dollar in your hand. To material sense the dollar seems to be a limited, material form. It is worth only what the number printed on it states. If that number is *one* we cannot even buy a cup of coffee with it today. No matter what the number states — one hundred, one thousand, one hundred thousand, one million — our money is worth only that amount and not more. All amount is limited amount to material sense.

Let us assume that the amount we have available is too little to meet the financial demands being made upon us this week or this month. What are we to do? Do we actually have only the limited amount of money material sense suggests we have? What did the Master do when it appeared as if he had only five loaves and two fishes and yet five thousand hungry men plus women and children too in need of food?

"I am the light of the world." I am the light of the food; I am the light of the dollar that reveals a boundless and omnipresent amount of form right where the need seems to be. What is that light? Awareness Itself, unencumbered Awareness Itself — awareness with no *thing* in it, no person in it, no condition in it — just Awareness Itself, pure, limitless, omnipresent Awareness Itself. This is the light of the world. This is the light of the food that witnesses all the food unto the sufficiency of the hour or the sense of need. This is the light of the dollar that witnesses all the dollars necessary unto this hour, unto this circumstance, unto this place, unto this sense of need. There is no actual need, there is no actual place, there is no actual circumstance or condition that needs anything apart from the *one* need that is the immediate fulfillment of person, thing and condition, and that *one* is Awareness Itself.

"Feed my sheep." (John 21:16-17) Feed your dollars, your business, your products and services, your customers. Bring dollars to mind for a moment, knowing that they are truly forms of awareness, then drop them. You need not consider them again. Why? Because Awareness Itself is what they truly are. We never need take thought for the form in itself. Our awareness of Awareness Itself takes care of its image and likeness in our experience.

All form is God form (because only God exists); all form is real. But if we do not know what form is, believing it to be what its material appearance suggests, form can only be to us what belief says it is. Then we are stranded in material sense with form that appears to be separate and different from infinity. *If we are aware of a thing, it is the form of Awareness Itself because Awareness Itself is all that we are aware of.* Know dollars as forms of awareness; forget about the material appearance of the dollar and bring your awareness to Awareness Itself. Know that there is no such thing as limited form. Form is as limitless and omnipresent as Awareness Itself because all *is* Awareness Itself.

Now lift into Awareness Itself. "He looked up to heaven" (Matthew 14:19) — he raised his awareness into the incorporeal, the heavenly presence, Awareness Itself. Feel Awareness Itself. Fall in love with Awareness Itself — "love God with all your heart, all your soul, all your mind, and all your strength." Feel and immerse yourself and become saturated with the experience of Awareness Itself flowing within you.

Whether it takes you a second or ten seconds or ten minutes or all day long, it doesn't matter. Get to that place where you begin to feel Awareness Itself — where you feel the unencumbered true you, where all belief in matter and amount, where all burdens have dropped from your shoulders, where you feel the presence of God, feel the presence of Awareness Itself flowing freely within.

This very experience is the light unto money, is the light unto food, home, relationship, harmony in the world. This very experience is the revealing truth, the revealing truth of every form including the form we call money. This very experience is itself the tangible and visible infinity of form, the ever-present fulfillment of the scenery, of the moment, of the seeming need.

Never attempt to spiritually multiply dollars, business

CHAPTER EIGHT

AN ACT OF AWARENESS

The key to experiencing Awareness Itself living your life is to maintain your sense of awareness on and yielded to Awareness Itself. Keep your mind filled with Awareness Itself, aware of, yet unattached to, the objective forms (people, things and conditions) of the world. Be in the world but not *of* it. Be of Awareness Itself.

You do not cease from living and operating in the world; you do not leave your family, your friends, your business; you do not stop eating, using money, wearing clothes and having your hair cut; you do not move to a cave and live a hermit's life. Your existence as Awareness Itself in the world fulfills your purpose: to be the light of the world in your individual and unique way.

Existence and all it constitutes is Awareness Itself. Nothing that exists is separate, different or less than the fullness of Awareness Itself. "All things were made by him; and without him was not anything made that was made." (John 1:3) Because all is Awareness Itself, the key to evidencing the truth of all lies in our use of awareness. As we use awareness as it *is* within and without it reveals its true image and likeness throughout our lives. If we use awareness as it is not (humanly, materially) all we witness are degrees of belief.

Using awareness as it is is the key to *living in the world but not of it,* to having hourly access to infinity, to witnessing the omnipresent good; the key to experiencing life more abundant, and to unbridled love and relationship.

Freedom of Infinity

Hear this deeply. I did not hear it for twenty years. As it is heard and lived, the freedom of infinity is at hand. All that exists is God (Awareness Itself); and because God is infinite and omnipresent there is no such thing as diluted God, finite God, separate and divided parts of God, temporal God.

Existence is incorporeal, and because the inner is the outer and the outer is the inner *all* is incorporeal. Incorporeality does not convert itself into a temporal, corporeal life span at the hour of human birth and then return to incorporeality at the hour of death. God is God, Awareness Itself is Awareness Itself, incorporeality is incorporeality. We simply have a corporeal sense of incorporeality, but our sense does not change that which is.

This truth is given us in all the scriptures of the world. It is as clear in Genesis 2:1-5 as in any scripture: “God finished the heavens and the earth, and all the host of them.” God (which is spirit and truth, incorporeality) is all of all. An incorporeal existence cannot create (be) corporeal being or form. We are incorporeal beings, not human, not corporeal, not mental, not physical. We and the universe we sense as being corporeal, aren’t. All is incorporeal. Herein lies the secret of the infinity of being and of healing that which appears to be discordant, diseased or lacking and limited.

No matter what we believe about life or how we describe it, it is God, the incorporeal. And God is one, omnipresent, invariable, forever the fullness of itself at every point of infinity at the same time; therefore all is that, within and without. Every person, thing, place, condition, activity and amount is the whole of God. A pinhole is the whole of God; a cell is the whole of God; an atom is the whole of God; a subatomic particle (and infinitely beyond) is the whole of God. The infinity (and omnipresence) of the kingdom of heaven and of earth and all the host of them *is* and exists fully manifested and demonstrated *as* all.

The key to having tangible God (the key to the healing consciousness, to witnessing the presence of the infinite, the true harmony, life, joy, abundance, love) is by *our activity* of awareness.[1] Nothing else is involved because nothing other than awareness exists. Hear it deeply. This is the truth that makes us free. Every individual must eventually awaken to this ultimate truth and live by it. Until we do, we continue to suffer. Why not awaken to it now?

This is why the prophet instructs, "Not by might, nor by power, but by my spirit, says the Lord of hosts." (Zechariah 4:6) Every time we are tempted to use mental effort or persuasion, we must stop it. Every time we are tempted to apply physical power to maneuver or manipulate physical things and conditions, we must stop it. By using our minds and physical might, we travel precisely the wrong road. We take our experience away from truth instead of to it.

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[1] Editor's note: Our activity of awareness is an act of awareness; it is yielding to Awarness Itself as our awareness, as all awareness, as all. It is releasing our attachment to the things, people, circumstances, and conditions (the objcts) of awareness and immersing in Awarenss Itself. It is a conscious act — a conscious activity, an act of consciousness, and act of awareness.

your attention or reaction.

As humans, we use our awareness to detect, describe and involve ourselves in a complex and variable outer world. We are unwittingly misusing awareness and the objects of awareness. That misuse keeps us imprisoned in the hypnotized state of finiteness and pairs of opposites. Our experience is locked out of earth as it is in heaven.

However, as we awaken to the realization of God, Awareness Itself, being the one omnipresent existence, the finished kingdom of wholeness and fulfillment within and without, we detach from what seems to be and turn to that which is. We cease from attempting to get good from God and wake up to the fact that we already are and have all good embodied in and as our awareness because Awareness is God. Awareness Itself constitutes all that God is and has. We do not get, we do not desire; we *are.* I am that I am. That which I seek I already am. In this awakened state of awareness we rest and freely behold God revealing its image and likeness filling our experience. (In fact, God does not reveal anything, God *is.* It is too late for good to be revealed; all is already revealed. The activity of Awareness Itself within spiritualizes us, *opening our eyes to the ever-present good,* and we see clearly.)

But what is the practical *way* of it? Let us bring to mind what, to human sense, it appears we need or desire. It might be a need for health, for healing, for money, for love, for companionship. It might be for joy, for a sense of purpose, for happiness, for peace. It might be for harmony, for quiet, stillness, for spiritual attainment. Bring to mind and feel whatever it is in your experience for a minute or two.

(A few minutes in silence)

Now, can you imagine seeking God to give you the room you are sitting in? God cannot give it to you; you already have it. Bring your most pressing need into awareness again, and realize that the good that seems to be lacking from your experience, as convincingly absent as it appears to be, isn't. In order for any form of good to be absent, God would have to be absent. God is not only present but is *omnipresence* itself. Where it appears as if a named and defined form of good is absent, all that God is and has is present and fully manifested and demonstrated. Seeking God for that named and defined form of good is like asking God to give you the room you are already sitting in.

Then why can you not *see* the good? Why does it appear as if you do *not* have it? Our Awareness-Itself eyes are closed. We cannot see that which is — just as if our eyes were closed and we could not see the room we are sitting in. Does it matter if we temporarily cannot see it? It is visibly and tangibly right where we are, is it not? All it takes to see it is the opening of our eyes.

God as its infinite formation is ever right where we are. Nothing of fulfillment is absent, invisible, intangible, impractical, or delayed from our immediate apprehension.

While to material sense the good is absent, Awareness Itself sees it clearly and fully. Herein is the secret. The one true faculty of seeing is Awareness Itself seeing itself. Material awareness can never see the forms of Awareness Itself. As we realize that even while our material sense of awareness sees an absence of fulfillment, that which our awareness truly is sees fully-present fulfillment; then as we yield to Awareness Itself, letting it see for us, our eyes are opened and we see clearly.

Our fulfillment has not been manifested or physically drawn to us even though sense may testify to it. *The fulfillment that is always present is now seen.* Awareness Itself, yielded to and given the space and freedom to act in us, seeing itself as it is, is the great secret to the multiplication of fulfillment, to having at hand an infinity of good for any and every sense of need.

> When it was evening, his disciples came to him, and they said to him, This is a lonely place, and it is getting late; dismiss the people so that the men may go to the villages and buy food for themselves. But he said to them, It is not necessary for them to go; you give them something to eat. They said to him, We have nothing here, except five loaves of bread and two fish. Jesus said to them, Bring them here to me. And he ordered the people to sit down on the ground, and he took the five loaves of bread and the two fish, and he looked up to heaven and he blessed them, and he broke them, and gave them to his disciples, and the disciples placed them before the people. So they all ate, and were satisfied; and they took up the fragments which were left over, twelve full baskets. And the men who ate were five thousand, not counting the women and children [probably ten to fifteen thousand people in all].
> (Matthew 14:15-21)

Keeping our sense of awareness in, as and being Awareness Itself *is* the faculty of spiritually seeing and having the infinity of good form.

Live and operate in the world as you normally do, but now do not be *of* it. Living in the world but not of it is our hour-by-hour way of existence. As we go into the world, instead of attaching awareness to particular people, things, colors, amounts, activities and locations, stay pulled back, withdrawn from sense testimony in itself.

You are still in the world, still seeing the objects of sense, but they remain insignificant to you in themselves. You remain unattached to sensory experience in itself. Your awareness abides in the space between you and sensed things, abiding in Awareness Itself. Your focus of attention, your interest, is the love and experience of God. “Love the Lord your God with all your heart, and all your soul, and all your mind, and all your strength." (Mark 12:30) Love the space in between with all your heart, with all your soul, with all your mind, with all your strength. Love Awareness Itself because it is the entirety of God. Be aware of Awareness Itself.

The very instant you realize that you are being aware of Awareness Itself, and are listening, feeling, being attentive to it rather than the *things* of your environment, you are in God consciousness. When you are in God consciousness you have all that God is and has. You can maintain awareness of Awareness Itself even while you are engaged in the world — working, meeting, conversing, shopping, washing the dishes, being with your family or friends. Your awareness is one quarter with them and three quarters in Awareness Itself.

We remain fully functional with the people and circumstances of the world, but we are not *attached* to them. We exist in and as the space between what seems to be us and the things of life. We interact with people, even engage, but not *attach.* This is the secret. We live in and as Awareness Itself which has no things.

The instant you feel detached and the constancy with which you feel it (meaning the greater amount of your awareness, focus, interest and sense is in Awareness Itself) that very instantaneity and constancy are your freedom from "this world." The world can no longer touch you. The world cannot affect you, upset you, hurt you. Disease cannot touch you, and if you have disease, watch how quickly it melts (like ice melting in the sun) as you stay in and live by Awareness Itself. Disease cannot remain in the body of Awareness. Disease is material and requires a material body (belief) to attach to and thrive in. The moment you lift into the true body of Awareness Itself, all physical ailments, even so-called fatal disease, are lost and helpless in and to you. They are rendered impotent and dissipate from experience.

Watch how lack and limitation cannot remain in your experience as you detach from the things of awareness and live as Awareness Itself — knowing that Awareness Itself is infinity and constitutes all that infinity is and has. This instant, as you are aware of Awareness Itself, right here where you stand, you have all that infinity is and has. You have released earth, and "Whatsoever ye release on earth is released in heaven." Not *will* be released, but *is this instant* released in heaven.

And what is the released heaven? It is the visible, tangible, practical form of good. It is the healing; the healing *is* yours here and now; the healthy flesh *is* yours here and now. Why? *Because you are living healthy awareness.* You have lifted from being interested in and concerned for healthy *physical* flesh because you now know that physical experience in itself is false experience. You are interested in what the body truly is, which is healthy awareness. What is healthy awareness? Awareness that is detached from things, people, conditions; awareness that looks up into and seeks the tangible experience of Awareness Itself.

Do you see that the instant you are released from that which appears to be, you have heaven? You have all that God is and has; you are healed, you are whole, you are healthy. You have all the necessary dollars to fulfill every sense of need and opportunity, whether it be a few dollars or a million or a billion. There are no numbers in infinity. The *whole* of infinity is omnipresent. Whether we draw one bucket from the ocean or one million buckets, the ocean instantly fulfills the demand.

It makes no difference to infinity and omnipresence whether twenty hungry people receive food or twenty thousand. There are no multitudes in infinity, either small ones or large ones. Only infinity exists, and only infinity itself can be demonstrated. The moment infinity itself is demonstrated, it appears as the fulfillment of sense testimony no matter how small or large that sense of need is. As the ocean fulfills one bucket or one million, so infinity fulfills one person or one million as the need appears to be. But the secret is to withdraw all awareness from the sensed need, lift into the infinity of Awareness Itself, abide *there* feeling the presence, and then beholding all sense of need fulfilled. But if we remain attached to the things and conditions of sense, we are not free in Awareness Itself and cannot experience the infinity of form ever available to us.

Awareness Itself is limitless and unconditional. We have to be what it is in order to experience its limitlessness objectively. *We have to be limitless and unconditional.* How? By being aware of and living in and by Awareness Itself.

Healthy flesh is healthy Awareness Itself, and healthy Awareness Itself is awareness that is unencumbered, unattached to that which seems to be. Prosperous, abundant, wealthy form is prosperous Awareness Itself — your and my awareness unencumbered, unattached, free.

Limitlessness of Awareness Itself

Let us prove the limitlessness of Awareness Itself. Become aware of Awareness Itself. Know that it is all that exists. Know that all form is the form of Awareness Itself, not a form of matter, of location, of definition (even though it seems to be).

As you feel the presence of Awareness Itself try to find a limit to it. Try to find its edge, the place where it lacks or is absent of itself. Try to find a number in it. Try to find an area of it that lacks the fullness of Awareness Itself. You cannot. You cannot find any number two to two billion or beyond. Numbers do not exist. What you find is infinity because

Awareness Itself is infinity itself.

You can prove this in less than a minute. Take your awareness roaming throughout your universe, as far as you wish to roam. Does your awareness run out on you? Do you need to fill it up? Do you need to seek God for more?

When we look up at the moon and the stars, does it use up more awareness than if we're looking at a dollar in our hand or looking at our hand itself or looking at our business or our city? There is no quantity in or about awareness. It takes no more awareness to be aware of a small object vs. large or gargantuan, simple or complex. It takes no more awareness or time to be aware of a single dollar or the entire canopy of heaven with its trillions of stars, its array of planets and its moon. Taking in the breathtaking infinity and beauty of the night sky requires no more seconds than it takes to be aware of a single dollar in our hand.

Awareness is infinite, exhaustless. As we wake up to the truth that all that exists is Awareness Itself, *even as the infinite forms of our "this world" sense,* we have the secret of witnessing the omnipresence, vitality and limitlessness of all form.

Awareness Itself is the only form and is all form. As we are *being* Awareness Itself we are *being* the limitlessness, the truth, the health, the love, the harmony, the infinity, the visibility of all form in our moment-by-moment awareness. However, if we do not know what form is, if we are unaware that form is actually (despite appearance) the infinity and omnipresence of Awareness Itself, then we have finite awareness and therefore finite form. We can *intellectually* realize that Awareness Itself is all, but intellectual awareness is insufficient to *witness* it. We must *live* Awareness Itself. We must live the omnipresence and infinity of Awareness Itself among what appears to be finite form with outlines, locations, size, weight, color, amount. Being the cause of all evidences the effect of the cause we are being.

Awareness and form are one. When, despite appearance, we are being the presence of the boundlessness of Awareness Itself the boundlessness of form becomes evident. Form is now fueled by the Awareness we are being as it and for it, and therefore reveals itself as the true image and likeness it is, objectively sensed by us.

If we intellectually know that Awareness and form are one, yet have not attained its *practical realization,* we remain unable to evidence it. We see this widely among the world's students. They know the letter of truth, but they are unable to witness it. The moment a student catches that all is God even though we witness God objectively in what we call the outer; when an individual catches that we have an objective sense of infinity, an objective sense of omnipresence, an objective sense of Awareness Itself, the next thing he or she awakens to is the key to the kingdom of heaven right here as earth: When we are *being* Awareness Itself *as all,* then we are being the truth of form for our experience, and it is quickly evidenced. Then we watch the loaves and fishes multiply, watch dollars multiply, watch health and vitality multiply, watch harmony of mind multiply, watch love multiply, watch peace on earth multiply. In other words, the truth of earth and all it constitutes is evidenced by *our being it.*

"My peace I give unto you, not as the world gives [not material peace, physical peace, human peace, no; *the* peace of Awareness Itself] give I unto you." (John 14:27) It is up to me to give you My Peace when you are in my awareness because I am the only one who can as far I and my experience go. I am the god of my universe, as you are the god of yours. "Ye are gods" (Psalm 82:6; John 10:35) I have to be the god, the cause, unto my universal experience, and you unto yours. I give My Peace — Awareness Itself — unto you, the peace that far exceeds anything human, physical and material yet reveals itself as the limitless life, love, happiness, freedom and fulfilled purpose of these.

I am not attempting to bring peace to things and conditions, to humanity or to the world in themselves. *My peace* I give. The peace, the presence of Awareness Itself, I give as and to all.

I am the peace of the world, *I am* the light of the world; *I am* the life of the world, *I am* the food of the world.

You and I cannot give peace. We do not possess such a faculty. We are nothing of our own selves. "I of my own self can do nothing. . . . The Father that dwells in me, he does the works." (John 5:30; 14:10) Despite what we seem to be and what education and society have taught us to believe about ourselves and our capacities, we are the infinity of being. Our awareness is not human, material and limited; it is Awareness Itself. As we know this and yield our sense of personal awareness to Awareness Itself, we and our capacity are infinite — infinity itself. In this state of awareness we simply behold the infinity of all reveal itself in front of us and as whatever we do because we are *being what infinity is* as person, body, thing, condition, amount, business, and world. *My* peace, *my* infinity, *my* life, *my* love give I unto you.

It is my work to feed the world with Awareness Itself. "I must be about my Father's business. . . . Feed my sheep." (Luke 2:49; John 21:16-17) I have to be the god of my world: I have to feed the world with the light, the spirit, the truth; feed the world with Awareness Itself. How? By *being* Awareness Itself as and for all.

Now watch how the Father within you does the works. The Father within you, Awareness Itself, sees itself as you and for you, and there right where you are (wherever that is and whatever the condition seems to be) is the miracle of truth — healing, prosperity, abundance, wealth, love and harmony — made evident, real, visible and tangible.

Be the Wealth of the World

We have to be the wealth of the world. What is wealth? What appears to sense as tangible visible wealth is our wealth of awareness of Awareness Itself. Poverty in any shape or form, including a lack of money or business success, is our poverty of awareness of Awareness Itself. "If you do not know yourselves, you dwell in poverty and it is you who are that poverty." (The Gospel of Thomas, Saying 3) This is a hard saying the first time we hear it. When it is understood, it is instant freedom

If anything seems amiss in our lives, if anything seems to be lacking or limited, if our or our friend's body is sick or injured, if anything is discordant or aversive, it is our lack of awareness of Awareness Itself appearing to be the outer problem.

Let us become wealthy in Awareness Itself. Let us become wealthy in God consciousness, wealthy in God. Let us keep our minds on God, have no false idols, have no other gods except Me. "Turn ye not unto idols, nor make to yourselves molten gods: I am [Awareness Itself is] the Lord your God. . . . Thou shalt have none other gods before me"
(Leviticus 19:14; Deuteronomy 5:7)

Do not be hoodwinked into believing that anything of sense testimony is an entity unto itself. Only Awareness Itself is entity. All "else" is imagery of sense — images either clearly seen or clouded by belief. If we live by belief we suffer. As we live by Awareness Itself we are free.

Never believe that *I* am absent, or that *I* am discordant. *I* am you, and *I* am everything of your field of awareness, unto infinity. You have never been required to live life yourself, to create success, to find and keep love, to be free and fulfilled. *I* am you, and *I* am that of you which reveals myself as the fulfillment of all you are, all you have, and all you experience.

"I am the Lord, and there is none else, there is no God beside me." (Isaiah 45:5) The kingdom of God is inside you and it is outside you. If we believe there is anything amiss in our world, in our body, in our minds; if we believe anything is lacking, limited; if we believe any form, amount or quality of good is absent anywhere in our kingdom, then we have not yet awakened to the fact that God — Awareness Itself — is our God, our fulfillment of being and purpose, perfectly real, visible and tangible within and without at every moment.

As we become wealthy in God, we become wealthy in good, no matter what we name that good, and God, in the language of this book, is Awareness Itself. We become wealthy in, we become interested in, we seek nothing but, we adventure in Awareness Itself; and because Awareness Itself constitutes all that God is and has (infinity and omnipresence within and without), we quickly discover that as we become wealthy in Awareness Itself, we have all the earth's good ever at hand — boundless, ever-present good right where we are.

Live As and In and For Awareness Itself

Live as and in and for Awareness Itself. Keep your senses slightly pulled back from that which seems to be so that you have the spaciousness to hear God, to feel God, to feel the presence of Awareness Itself — to live it and breathe it. *I live and move and have my being in and as Awareness Itself, and Awareness Itself lives and moves and has its being in and as me.*

Then in that spaciousness, in that released earth, you *feel* the presence; and as you feel the presence, you are and have all the good of the infinite. The feeling is the visibility, is the very form, is the very presence of your good. Nothing else has to happen because nothing else exists. This is why we must stay released from everything else. The more detached and released we stay the more of Awareness Itself is evident as the abundant good of our health, of our relationships, and of our world.

The more detached and released we remain in Awareness Itself, the more Awareness Itself sees itself as and for us, and performs as us and for us. Then that which seemed to be an unyielding lack or limitation or discord quickly melts like a cube of ice in the hot midday sun, revealing itself as true image and likeness — earth as it is in heaven.

We will probably not be able to maintain a complete detachment and release, but we do not have to. Sincerity is what matters. When we sincerely give it the best we can hour by hour our effort is always enough. It is not the number of hours we manage to stay in truth but the depth of our sincerity.

It is an act of awareness, not ever an act of mentality, physicality or materiality. Earth is heaven, heaven is earth, but we have been hypnotized by belief and have therefore been unaware of truth. Put belief aside, you do not have to do anything with belief. Lift right into Awareness Itself this minute. Do you see how all it takes — the great secret — is our act of awareness? Our act of awareness takes us from our *sense* into Awareness Itself. Here we rest, yield, and witness the activity of Awareness Itself being all. This one act opens our eyes from unawareness into awareness.

As Awareness Itself, we revere and adore God with all our hearts, all our souls, all our minds, and all our strength. We revere and adore Awareness Itself. We do not revere and adore the things in and of themselves: the people, the conditions, the wealth. We revere and adore God because God is the only. God is the truth of our lives, *the one* life, the *one* existence, the *one* reality.

I discovered this when I was experiencing a long period of great pain and suffering. One day it got so bad that I was beside myself. I didn't know what to do. I had studied, I had meditated, I had sat in silence for seven years, yet all that was happening was a worsening of the cancer to the point where it was finishing me. So I did not know what to do. I was overwhelmed and felt helpless. I'd read all the books, I'd listened to all the classes, I'd done all the meditating and sitting in the silence I could do. What more? There was nothing more I could do. It was as if God was ignoring me. The condition and the pain kept getting worse.

Finally, driven into the corner, out of ideas and hope, I decided to trust truth. I decided that the one thing I could still do that I hadn't done is truly trust that when I keep my mind on God, and when I empty myself of self and truly give myself to God, I will experience God. When I *really do* love God with all my heart and all my soul and all my mind and all my strength, I will experience God because as I keep my consciousness filled with God, as I keep my attention on and trust in Awareness Itself, then, because Awareness Itself is and constitutes all that God is, I will find myself full of God.[1]

That particular day I decided I have nothing left but that. Of course, I am sure I read this on the first page of the first truth book I ever had. But now it was time to actually do it. Well, a miracle happened. I discovered that within just five or ten or fifteen minutes of keeping my mind on God, keeping my awareness on Awareness Itself, all the pain dissolved. That was a major "result" for me because the pain was excruciating. It all dissolved.

The next thing I realized was that the more I kept my mind on Awareness Itself and the more I truly trusted Awareness Itself as being my real and present help, the more

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[1] Editor's note: Although Paul did not have the term "Act of Awareness" at the time, that is exactly what was taking place in him.

I forgot about the cancer, and the more pain free was my experience. The next thing I realized was that I didn't have cancer. It disappeared. No scars, no signs, nothing. Well, it was a revelation that changed the course of my life forever. Awareness Itself truly is all that exists.

Discipline

When we bring through the discipline to keep our awareness on and in and as Awareness Itself, we infallibly discover that the miracle of truth becomes evident throughout our minds, bodies and worlds. It is infallible because Awareness Itself *is* individual being and individual world. All it takes is the transformation of awareness from our personal sense of awareness to Awareness Itself.

Bring forth that discipline. Learn to be in the world but not of it. Practice the presence of God in this very way. You can start right now. Nothing is stopping us from experiencing truth inside us and outside us except our lack of discipline to keep our awareness in Awareness Itself.

If we experience a delay in the evidence of truth, it is a delay in *our activity* of awareness (as I unwittingly delayed it for twenty years). The sense of delay is only this. There is no actual delay because truth already is. Problems can seem to be stubbornly stuck, unyielding, but it is really *our* unyielding belief in and attachment to that which seems to be, outpicturing itself as an unyielding problem. It isn't that because all is Awareness Itself. Our lack of discipline in staying aware of Awareness Itself is the only problem.

Staying in Awareness Itself we live in the world but not of it. Rest, rest, rest. Devote yourself to God, to truth. Rest in Awareness Itself. Give yourself the greatest gift in heaven and earth: periods throughout the day where you are truly lifted in and rested in Awareness Itself, simply listening, feeling, beholding. This is devotion to Awareness Itself.

Sit down, or lie down (whatever feels best to you) and devote this hour to God. Just be silent, be still, and know that Awareness Itself is God. Let God get on with being God as God as you and as your world.

Then, when this period feels "complete" to you, get up and be in the world but not of it. Never again be of the world because by being of the world, you are blinded, unable to see truth. But being in the world but not of it is the very faculty of open eyes, open ears, of seeing clearly, of witnessing the presence of the infinite. As we feel the presence happening within, that is Awareness Itself seeing Itself as and for us. I live yet not I, Awareness Itself lives me.

(A few minutes of silence)

You are whole. You now have every good that God is and has, and you see it as you stay in Awareness Itself. You will see it everywhere. There will be more flowers, color, fragrance and joy in your world than you have ever before noticed. There will be more birds and bird song in your world than you have ever before noticed. There will be more love filling you and your relationship than you have ever before experienced. There will be new vitality, strength, energy, youthfulness in the body that you have never before experienced. There will be friendship, companionship; there will be abundance; there will be opening doors everywhere you go. There will be understanding, support, supply and resource knocking at your door.

There will be peace to an extent you never dreamed possible. You will see and meet happy, loving, giving people; and you will watch as people in line and at checkouts who seem to be unhappy, sad, or ill spring into happiness, life, and joy in your silent presence.

You will witness miracles, and you will witness the miraculous in the clothes of normality and what appears to be wondrous coincidence. You will find the treasures of heaven everywhere you go because they *are* everywhere you go. You will experience earth as it is in heaven presenting herself to you as a daily gift of love. You never have to go looking for her. She presents herself to you.

It is the Father's good pleasure to give you the kingdom.

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Rise in conscious awareness—this is the entire secret.

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leaving behind belief, ever greater degrees of heaven
become visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, things and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the dissipating
fog of belief.

Indeed, "As in heaven so on earth" emerges as the one reality.
The false bondage of material sense is dispelled, and the
unconditioned experience of man, earth and universe
is experienced harmonious, peaceful and free, in love.

Paul F. Gorman

Acts of Awareness

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CHAPTER ONE

AN ACT OF AWARENESS

(Releasing What Seems to Be)

For a minute or two, scan your entire existence, from the deepest parts of you to the farthest ends of your universe. Take it all in — every person, every place, your business, your finances, your body, its state of health, your family; your purpose, your fulfillment of purpose, and all the activity that leads to that fulfillment.

Now imagine that this "universe of you" is the equivalent of one miniscule drop of water compared to all the water in the world's oceans. This one drop represents our microscopic degree of *awareness* of our infinite selves as we focus on and believe the objective sense of life in itself.

Everything you have thought of as "your existence" is objective. Your whole *objectively sensed* universe is infinitesimal compared to the infinity you actually are, just as the droplet of water is infinitesimal compared to the infinity of water in the world's oceans.

Your awareness, despite what you may believe, is Awareness Itself — is the infinitude, is omniscience, is the all-wise, all-knowing awareness — present here and now, manifested here and now, apprehensible here and now. Your awareness, *itself,* is the one power, the one law of God in full operation and form — *your awareness*.

In fact, even as you observe your universe, only *one* power, *one* law is in operation, despite the appearance of tens of thousands of different laws and different powers. The one power, the one law *is its own form.* I and form are one. Law and form are one. Power and form are one.

Your awareness *itself* is omnipresence. God constitutes your awareness; your awareness constitutes all that God is and has, all of heaven and earth and all the host of them, blessed and sanctified, hallowed, perfect, manifested already, demonstrated already, visible already. Your awareness *itself* is that.

Your awareness *itself is the* oneness, *the* incorporeality, *the* immortality that is all. God or oneness or Awareness Itself does not have different departments. Only oneness is, and that oneness is your awareness itself, which is, of course, fully aware *as* itself *for* itself. Awareness can never be unaware and because Awareness is infinity, there is no place you can be that lacks the infinity of your immediate good.

Our *sense* of it can be unaware — oh, yes — but that does not make a bit of difference to Awareness Itself. Even as we believe we are unaware of some good or some spiritual realization or the presence of God (however we may define it), the awareness with which we are aware is fully aware of the fullness of itself and the visibility of itself, the form of itself, the presence of itself here and now.

Rest *your* awareness for a few minutes. Simply *rest.*

After having dropped *your sense* of awareness as best you can, realize that the awareness you are aware *with* is in fact Awareness Itself — the infinitude, omnipresence, omnipotence, omniscience, the one law, the one power, fully visible, fully formed, fully *right here* where you are.

Again rest your sense of awareness, yielding to Awareness Itself and feeling it. There are no magic tricks; you do not mentalize about anything. Simply *feel* the presence and activity of Awareness Itself.

(A few minutes of silence)

The single most important thing to realize about existence is that *all* is Awareness Itself. Perhaps the most important statement of realization we can carry with us twenty-four hours a day is that *what we are aware of is Awareness Itself.* Awareness Itself does not contain objects. Infinity contains only infinity, omnipresence contains only omnipresence, and that is Awareness Itself.

We have an objective *sense* of Awareness Itself, so everything we sense is a body, a form, or an activity of *awareness* — not a physical or material object. Nothing sensed is an entity unto itself. Nothing has name or definition in Awareness Itself. Therefore, everything is of the nature, the one power, the one law of Awareness Itself, which is good — unconditional good without opposite.

It seems as if three are involved in every moment of awareness: (1) you; (2) the object or the person, the place, the activity, the sense (seeing, hearing, tasting, touching, smelling) that you are aware *of;* and (3) what you are aware *with.* But sense devoid of truth is deceptive. In truth, all "three" are the same *one.* All is Awareness Itself. *You* are Awareness Itself, that which you are aware *of* is Awareness Itself, and that which you are aware *with* is the same Awareness Itself.

All Is the Activity of Awareness

Because all is Awareness Itself, all is the activity of awareness. Nothing else is involved in our freedom, in our joy, in our love, in our life, in our prosperity, our success, our happiness, our purpose fulfilled. Nothing else is involved because nothing else *is.* Only Awareness Itself is.

Therefore do you see that all of true identity consciously lived (experienced) in the most tangible, practical way is an *act of awareness?* It is never an act of humanity, never an act of mentality, physicality or materiality. It is not about going out into the objective world and manipulating, improving, or fixing it in itself. Nothing exists as good or bad, better or worse out there because nothing exists "out there" except Awareness Itself.

The one act of awareness, once it registers within you and you busy yourself with *it* rather than attempting to manipulate the outer, frees you from the world of false powers of good and bad. The moment you release your belief and your attachment to what seems to be, realizing that all of it is actually Awareness Itself, what seems to be can no longer affect you.

And who is this "you," the one who is aware of your universe? You yourself are. Does consciousness exist "out there" separate and apart from you? Do "separate and different people out there" have separate and different consciousness from you? It appears so, but "judge not by the appearance."

"One with God is a majority." (Martin Luther) You are the one consciousness operating in your universe as far as your experience goes; and this is why, when you take up your inherent God dominion (Genesis 1:26;28), the people, things, and conditions of your world react and respond accordingly.

God is infinite individual being. Hear it! God is infinite individual being. What does that mean? You cannot have infinity *and.* So God *as* individual you *is* individual infinity — your infinity, your universe. You are a god. ("Ye are gods." John 10:34). As far as you, your freedom, your true identity are concerned, your entire universe is you. You have God dominion over your entire universe.

How, though? *How?* Well, not objectively, not humanly, which is belief, personal self, limit, good and bad, pain and suffering. Do not be fooled into believing that you can have dominion over these seemingly separate and different entities in themselves. All such attempts have proven to either immediately or gradually fail. But as you know what you are and therefore what your universe is, the key to your dominion is hidden in that knowledge:

> I *am Awareness Itself, and* I *is individual God being; therefore* I *is infinity, omnipresence, the universe of Awareness Itself.*
>
> *Everything everywhere is Awareness Itself and the forms or bodies or activities — the sights, tastes, sounds, fragrances, touches, thoughts — of Awareness Itself.*

As soon as you know that, and you release the objective sense in and of its own self and come here to Awareness Itself, yield your sense of awareness to Awareness Itself and rest (let Awareness Itself be itself *as* you and *for* your experience), that is when you have exercised dominion over your universe. Now every person, thing, condition, amount, activity, and purpose is of God itself (good itself and the power of good itself) in your life.

Awareness Itself is omnipotence. But in order to behold the presence, the power, the dominion of God tangibly throughout our experience, we have to yield *our sense* of awareness to Awareness Itself and *rest,* just like a window in the sunshine, with no personal self, no personal agenda, without a sense of need or desire, without a sense of time. All *is now;* so all we have to do is remain empty and behold the activity of Awareness Itself right where we are — from our deep inner sense "out" into our mind, our body, and throughout our universe. Catching this is the key.

It is true — if we could all deeply hear what has been said in these first few pages, we would not need to read the rest of this or any truth book. Here is the entire secret of knowing what true identity is and how to exercise it, how to *be* the rested, beholding state of being that witnesses God as all, instead of attaching to what seems to be and *trying* to witness God as all, trying to bring good to bad. It will never work because in so trying, we are attempting to bring good to an object, a definable person, condition, place, amount, thing, and these do not exist in God. That is why such attempts fail.

The moment we name something or detect something that appears to be discordant, to lack good, to be limited or sad in our experience, we are out of God, and then we reach into God trying to bring God to it. Usually it is a particular aspect of God — we want *health* for ourselves or others; we want *love* for our relationships and between friends and neighbors; we want sufficient *supply* for family, home, and business.

However it may look, the moment we want God for a person, thing, or circumstance, we are out of God awareness. We can never evidence God by keeping our awareness attached to, or using it for the benefit of, the names, definitions, and qualities out there. Please hear this.

God is only evidenceable *as God is.* Awareness Itself — in all its glory and completeness — is only evidenceable *as Awareness Itself is.* We cannot divide it, separate it, and try to demonstrate a *part* of it that we believe we need.

Indivisible, Inseparable Awareness

Awareness itself is indivisible, inseparable. We can prove that in minutes. Look out into your room. Drop all objects, people, things, circumstances. Be aware that all of your awareness and all that you are aware *with* is Awareness Itself. Get a sense of (feel) Awareness Itself — the *substance* of awareness, not the objective sense.

Now try to divide that awareness, separate it, break it up into parts and put different names on each of those parts. It is impossible.

Awareness is the infinitude, omnipresent at each point of your awareness at the same time, and you cannot divide or separate it anymore than you can divide or separate gravity. Get a sense of this for a few minutes.

(A few minutes of silence)

All is Awareness Itself. No matter how we may name it, define it, or believe it to be, none of these is true. Awareness Itself is what I *am,* what I am aware *of,* and what I am aware *with.*

Now, if the sun wants to experience more of itself (more light and heat), what does it do? Does it look outside of itself to the objects of the universe? Does it look to human beings, to things? Does it look to material activity or manipulation? No. The sun experiences its fullness by the *activity of itself.* The true activity of the sun *is* its true experience.

In this same way, because Awareness Itself is all, we discover and evidence our true identity and its universe only by our *acts of awareness.*

Nothing else exists; nothing else matters, certainly not appearance, which is unreal in and of its own self. We will read more about appearance later on, but for now, realize that all, *infinitely all,* is Awareness Itself. Every object, person, amount, activity, place, thing, condition is a form of (or body of) Awareness Itself, simply sensed objectively. However, sense alone does not affect anything; in fact, sense alone, without belief, is innocent and impotent. It has no power to block the tangible evidence of God, of good, as all objectively-sensed experience.

This is the great secret, and if you can hear it, if it registers within you now, then freedom and fulfillment are instantly at hand. *Because all is Awareness Itself, it is by acts of awareness that we discover and evidence our true identity.* It is by acts of awareness that truth becomes visible, tangible, real, that healing takes place, that the multiplication of loaves and fishes, of dollars, of business success, of opportunity, of love, of spiritual realization comes about in individual experience — only by acts of awareness.

Silence

Now sit silently, being aware of what you have just read — most importantly that all is Awareness Itself: *I am* Awareness Itself, that which I *sense* (the objective world that I sense) is Awareness Itself, and the awareness *with which I am aware* is Awareness Itself.

Therefore, all I need do right now is *rest* in Awareness Itself, *rest* and *let* Awareness Itself *be itself,* unencumbered by what you or I believe we are experiencing, the person we believe we are, the world we believe we inhabit and interact with, the people, the family, the business, the money. Gently release all these names and definitions and rest in Awareness Itself, simply letting Awareness Itself be itself.

There is nothing more glorious and there is nothing more powerful than resting in Awareness Itself simply for the sake of it, for the love of, the gratitude for, the joy of experiencing the activity and presence of awareness being felt within. Nothing is more powerful, nothing more awakening *when* we know the truth we have read.

When we know the truth, that truth makes us free, and we are able to *rest* in and as that freedom, rest in Awareness Itself. Knowing the truth frees us in spirit which frees us from believing and becoming attached to appearance. In spiritual freedom, we are able to rest and simply *let Awareness Itself be itself* as individual being and its universe. But if we do not know the truth, none of this becomes real and practical for us.

Sit in silence now for about fifteen minutes, letting this take root in you.

(A period of silence)

In this rested state, feeling the presence, you *have* the presence. The more empty of self you are (the more lost in Awareness Itself you are, experiencing its activity within), the more you consciously *have* and *see* it as your objective good.

CHAPTER TWO

INFINITY OF BEING

Because all is Awareness Itself, all is infinite, omnipresent, eternal, and unchanging, even though to sense testimony we will always see change, finiteness, locality. Nevertheless, "judge not by the appearance." (John 7:24) All is the body of, the forms of, Awareness Itself, fully manifested, fully visible, at and as every point of itself throughout infinity.

Whatever we are aware of is the body of awareness witnessed objectively and therefore is infinite and omnipresent. Think about that — *all is infinite and omnipresent.* Nothing is missing anything of its utter wholeness and completeness — nothing. Awareness Itself does not have numbers, price tags, does not have location or finiteness. All is infinity.

Now, this is well and true, but how do we start witnessing it this and every day? How can we begin to see, recognize (if we haven't already) the literal infinity of all things, the literal omnipresence, the all good of all people, things, conditions? Here is the way.

Since all attainment of true identity, true experience, is by acts of awareness, it is by the awareness we are aware *with* that we release the world. Look into your room, first humanly, and attach to the things of the environment. Focus on the *things* — a table, a couch, paintings, a window — for a moment and realize that in focusing on *them,* in being attached to *them,* you have no release, no evidence of God, no evidence of the peace and freedom of infinity that is present here. Why? *Because of your attachment to the things.*

Now, with your eyes open or closed, bring your awareness to the seemingly empty space in the middle of the room. Rest there for a moment, feeling the awareness you are aware *with,* now that you have pulled back from the *things of* awareness.

Being empty of things, simply *feeling* the presence and activity of awareness taking place is the key. Experience or be aware of your awareness *itself;* be aware that you and your world's true identity *are* Awareness Itself.

(A few moments of silence)

Do you feel that release? The release from things is by definition your release from the world. You are *in* the world, but you are not *of* it.

In the World but Not of It

Being *of* the world is being *attached* to things, people, conditions, activities, sounds; being concerned about the world, thinking about business, thinking about family, what needs to be done and by when, being concerned about how you will do it. Do I have sufficient knowledge? Do I have sufficient time? On and on we go as we are being of the world.

However, remember, all is not what it is believed to be; all is Awareness Itself. The world is Awareness Itself, even though we believe it is not, and even though we have an objective sense of it which *looks* like the things of the world. Despite appearance, all is Awareness Itself.

The entire key is releasing our attachment to the things of awareness themselves — the bodies, the people, the forms, the sounds, the activities — and immersing ourselves in Awareness *Itself* for *its* sake (not for anything else).

This releasing is an act of awareness. Are we using our awareness to focus on the objects of awareness or to focus on Awareness Itself? Focusing on Awareness Itself is the release in Awareness Itself, which means we are now in the world but not of it. We are of Awareness Itself.

This very act and the feeling of, the maintaining of, Awareness Itself *is itself* the evident infinity and omnipresence of all things. Why? Because once we are filled with what all *is* (Awareness Itself), Awareness Itself is able to pour through the transparent senses revealed *as itself.* We are no longer in the way; attachment is no longer clogging our senses.

The moment we attach to a *thing,* we are unable to sense Awareness *as it is.* We have finitized our sense of awareness (like closing the aperture of a camera); therefore we experience a finitely-sensed version of what actually is. We have created an attachment, and attachment equals finitized experience. We are being the finiteness that we will now witness. But once we *release ourselves* in Awareness Itself, Awareness Itself is free in us to be seen as the life and harmony of all.

When we live the unattached state of being, effortlessly bathing in and beholding Awareness Itself, realizing that this act of awareness *is itself* the unconditional infinity of all things, the intelligence of all things, the good of all things, then we *watch* miracles taking place in our experience — just observe them and allow ourselves to be animated accordingly. This is all we do — we *behold* the presence of God, *behold* the presence of reality being and animating us and our bodies and worlds. We are not involved, are not assistants to God, but are *beholders and servants* of God, of truth. We behold the miracles of truth by remaining detached and immersed in and animated as Awareness Itself.

Sit for awhile now, bathing in, feeling, and beholding the presence of God, of reality, not beholding what *we wish* to behold. Release every wish; release every sense of need, desire, of name, of definition. Remember, come *naked* into God. Come naked into Awareness Itself. In that way, our senses are clear and Awareness Itself is revealed as itself as all that we sense.

(A few minutes of silence)

Omnipresence of Awareness

Awareness Itself is God. God is not *in* awareness somewhere. God *is* Awareness Itself, and awareness — either our sense of it or it itself — is always omnipresence. What we see, hear, taste, touch, smell, what we can name and define about ourselves and our worlds is actually, despite sense, the very presence of God. God is not within, leaving us with an outer world that is different, separate, or less. God is all of all, no matter how we sense it or what we believe about it.

God, Awareness Itself, is omnipresence, and omnipresence does not have different states of existence. Omnipresence does not have different departments — not an inner department vs. an outer department, not an ethereal department within and a palpable department without, not an invisible department within and a visible department without.

Lose all of these nonsensical names and definitions, all of these ideas and beliefs. God *is;* God *is* the infinitude; and the infinitude *is* the omnipresence of itself, without an inner vs. an outer, without different departments, without different states of existence or different states of sense. Hear that clearly: *Omnipresence does not have different states of sense,* nor does omnipresence have different states of experience. Where would these differences exist in that which is omnipresence? Think about it — every single pinpoint of the infinitude is the entirety of itself in full expression, full manifestation, full demonstration, full visibility. So where would *difference* exist in omnipresence?

Wherever you go (or sense) throughout the infinitude, there *I am. We* may believe that we are turning our sense to an ethereal withinness, feeling God and then opening our eyes to a different, objective world out there, but that is merely belief. There is no truth to it whatsoever.

Turn your sense within and for a few minutes feel your within-ness, feel the presence, and realize — *here I am; here omnipresence is.* Now open your eyes and look out into your room or through your window into your world and realize the same — *here I am, because I am all; I am omnipresence. Here infinity is. Here I am.*

Realize that all sense of experience or of being is happening *in here,* not out there; out there is the infinitude, is the omnipresence of Awareness Itself in perfect form, in perfect expression. The fullness of infinity, the fullness of omnipresence, is everywhere about. Wherever you look, there *God is* — not in potential, not ethereally, not within that which you are observing, but the very objects or forms that we observe *are God itself.*

God, infinity does not have filters, difference, lesser vs.

greater. Infinity does not have an infinite within and a finite without. *All* is infinity. All is the omnipresence of infinity. All is God and the very full presence, form, function, visibility, tangibility of God this instant and forever. Our *sense of* God, our *sense of* experience is happening in here, and if we *believe* anything about what we sense, our sense is dark. St. Paul describes it as seeing through "glasses darkly". (1 Corinthians 13:12) We are wearing the dark glasses of belief.

Remember, the dark does not exist "out there"; the dark happens right here in and as *our* sense. *God* is just as fully out there as it is "in here." If anything appears to you or me as being ungodlike, it is our sense in here that is making what we observe appear to be ungodlike, appear to be ill, lacking, limited, unloving, unjust, immoral.

If we had been born with green glasses stitched to our eyes, our entire world would appear to be degrees of green, and having been born into a "green world," we would not be aware of anything different. If all people had been born with the same glasses all people would have similar "green" experiences of themselves and their worlds, and so it is with those born wearing the dark glasses of universal hypnotism.

Universal Hypnotism

The human condition *is* the hypnotized state which believes that it is separate and different from God; therefore, it experiences everything of its universe as being separate and different from God. But where is that sense or belief of separation and difference happening? Is it out there? No. It is *in here* — the "glasses darkly," the "bright green" glasses.

The very instant we remove those glasses, we see the world as its full spectrum of true colors. Likewise, the moment we grasp the one truth that all is God, we realize that everything we see, hear, taste, touch, smell is God and god-will seem. If we believe we are aged, if we believe we are under the influence of the calendar, then our hands will give testimony to that belief.

However, when we know that there is only one power — the power of timeless life itself — a “different” power, a power of time, cannot age us. The moment we awaken and realize that we are incorporeal beings, then, although we may not yet fully realize the one power, we are not affected by the belief in age to the same degree as those who are unaware of this truth. When we catch even a glimpse of the fact that we are gods (incorporeal), unaffectable by world belief and its powers, our illumined awareness is reflected as the now illumined quality of our bodies and worlds.

Individual Belief, Individual Experience

The familiar hand that you believe is yours is not the hand that will appear to your neighbor or to me. Our hands (our whole worlds) appear according to our individual degrees of belief; if I wear green glasses, yet you wear blue, your hand (and world) will appear blue to you, yet green to me.

Realize, the hand you are witnessing has no solidity to it; it is spirit, is God, is immortal, incorporeal, but your sense is tainted by the degrees of belief you individually hold about it.

Knowing that your hand is incorporeal, immortal, eternal, and that any impression you have of it is happening *in here* (not actually out there at all), you can free yourself from the belief by first knowing this truth, then pulling back and detaching from the hand in itself.

When we yield completely to Awareness Itself, we do not have to think in terms of a hand; in fact, we must not. We must release the world. Experience this now: release thought of your hand, come into Awareness Itself, and begin to feel Awareness Itself. As you do, trust it with all your heart, with all your soul, with all your mind, with all your strength. Trust Awareness Itself *as being itself as all form,* including your hand and mine.

Now rest here for a few minutes in Awareness Itself, released from the hand and everything else of world impression, simply letting Awareness Itself *live itself* as and through you.

(A few minutes of silence)

Body

Just as your hand is immortal, incorporeal, and eternal, so is your body. Bring your awareness to your body. With the human glasses on, the body appears to be made of flesh, blood, bones and muscles. It appears to have been born on a certain date, be a certain age and state of health vs. ill-health. Entangled by such collective belief, the body's life expectancy will likely be determined by our accepted deep belief about it. If we believe the body cannot live beyond 65 or 85 or 100 years, then it is not likely to.

All belief is a sense of two or more powers. Nothing except God is real; therefore nothing except one power animates us.

Realize that the body is incorporeal — this very body. Touch your body with your hands, and realize that what you are experiencing is not physical. It is the spiritual body, the incorporeal body, and you are feeling it with your incorporeal hands. Remember, incorporeality has no matter in it whatsoever. What you are experiencing as you touch your body is the spiritual body, the immortal body, the eternal body. The physical sense is taking place only "in here."

Now drop the physical sense. By an *act of awareness,* bring your awareness to the supposedly empty space in your room and feel Awareness Itself, unencumbered by things, by the physical, by the objective, by sense testimony.

Do not think about the body. It is when we *think not* of the body that the true body comes into palpable awareness. "Be ye ready: for in such an hour as ye think not the Son of man [the truth of man] cometh [into visibility]." (Matthew 24:44)

If you think about anything, let your thought be about Awareness Itself, but then as quickly and as completely as you can, stop thinking and simply *feel* the presence of God, trusting it to be the presence of the body. Do not think any more in terms of a physical body. You do not have one, so why think about it? You have the spiritual, incorporeal, immortal, eternal body which *"takes no thought"* in order to be experienced.

Rest in Awareness Itself, trusting that Awareness Itself felt happening *is itself* the body, *is itself* the eternal life of the body, *is itself* the health of the body, the vitality, the youthfulness, the purpose of the body. Do not relate Awareness Itself to what we think of as being physical or to what we may think of as being an imperfect condition of the body. Release all of it, feel the presence of Awareness Itself taking place, and totally immerse yourself in and as that experience.

Fully trust Awareness Itself as being the only true body, only true life, only true health and form of health, only true *experience* of life and health. No other experience exists because no other presence exists. Only the *experience* of Awareness Itself *as itself for itself* is truthful body. Only Awareness Itself — not related to a nameable thing or state or condition, but Awareness Itself — *is.*

Trust this, and this day you will begin to see the miracle of it as newly-experienced health. If there is disease in the body, you will start to experience the dissipation of that disease. Disease does not exist in Awareness Itself, so as you are immersed in, trusting, and yielded to Awareness Itself, experiencing it *as it is for what it is,* watch how anything impaired, injured, diseased, untrue quickly vanishes from the bodily experience. It is impossible for it to remain because now the bodily experience is of Awareness Itself instead of physicality.

Rest with this understanding for a few minutes.

(A few minutes of silence)

Feel the freedom in the body. Keep resting receptively until you feel the release. It is quick and palpable as we drop the belief in physical sense and abide in Awareness Itself *as* and *for* itself.

CHAPTER THREE

THE PERFECT MADE TO SEEM IMPERFECT

Just as the sun is omni-active, omnipotent as the sunbeam, so is Awareness Itself omni-active as individual being. Just as the sunbeam only need rest and freely receive all that the sun is and has as its utter fulfillment (not only of self, but of its world), so we as individual being need only rest and freely receive all that Awareness Itself is and has as the omnipotent, omni-active substance, form, and experience of our lives.

God is individual being, unique as each person in absolutely every way — in awareness, in expression, in purpose. When we understand that our very existence is the individual and unique existence of the entirety of God, then we are able to turn to Awareness Itself, yield, *rest* and freely receive (as a window in the sun) — beholding our sense of awareness expanding, revealing the fulfillment of everything we are. “It is the Father's good pleasure to give you the kingdom.” (Luke 12:32)

Now turn toward Awareness Itself and realize that Awareness Itself is right here as every breath of you, as every form of you, as every moment of awareness. Detach from the *things* of sense, and rest in the realization that *as* your rested, receptive state of being (without thought, without attachment, without trying to remember anything of truth) Awareness Itself is able to fill your being, “open your eyes,” reveal itself as every aspect and every condition of your experience.

Rest in this receptivity for a few minutes.

Now bring to mind a problem. What is bothering you, what is painful, what is making you suffer in one way or another? What is limiting you from the full freedom of your being and expression?

Realize that the problem out there (whether “out there” is in the mind, body, or world) is not what or where it seems to be. The problem is happening in here and is belief, the dark glasses of humanity.

What you observe from “in here” as the believed problem is in fact the perfect order of whatever person, thing, or condition seems to be a problem or seems to be suffering from a problem. It is belief, the “glasses darkly,” that makes the perfect seem imperfect, the harmonious seem inharmonious, the healthy seem diseased or injured, the loving seem unloving, discordant, argumentative.

Realize, belief does not turn what is God into something ungodlike or devilish. Belief affects only our *experience* of the God-harmony that all actually is, but that has not affected the “out there”; it has only affected our *experience* of the “out there.”

When you become fully aware of this, when you can look out into your world and see perfection — even if it is only perception or knowledge at the moment — you walk in God. "I live and move and have my being in God" (Acts 17:28), not in discord, not in something less than, different from, separate from God, but literally *in God.* God is the only life, only being, only place. Whatever God (heaven) is, earth is; whatever is happening in heaven is happening in earth because heaven and earth are the very same place. We live and move and have our beings in heaven. But are we *consciously aware* of this truth? Do we live and move in it? Do we breathe it?

Our human experience is determined by the specific quality, nature, and degree of belief we have unwittingly taken on. Belief is *only* experience, not thing, person, condition, not reality. Belief is *false experience of* the divine person, thing, and condition.

On this fact hinges your success in truth. Without this awareness, you are fooled into believing that you are faced with a *real* diseased body, a *real* discordant place or condition, a *real* lack or limitation, a *real* business, home, or financial struggle. You never are. You are experiencing a bad belief *about,* a poor interpretation *of* that which is perfect, that which is divine.

Look at your hand again and realize that what you are experiencing is the divine hand, the perfect hand. You will have this hand forever, literally; it is immortal, eternal, as your body is, as your awareness is.

Now bring to mind a place or condition that is a problem for you (or for somebody you know) and realize that like your hand, what you see "out there" is perfection, not what it is believed to be.

I see darkly because I have unwittingly accepted collective belief. Collective belief produces a personal *sense,* but personal sense is not personal*ized I. I* is incapable of being personalized. Only one infinite, omnipresent *I* exists. Omnipresent *I* is the omnipresent and invariable good of all, despite what we may believe and therefore sense about it.

From Problem to Truth

We are each unique individual spiritual being, not personal being. Personal sense is merely degrees of collective belief unwittingly accepted as personal or world reality. Belief (good or bad) does not act in you, against you, or for you. It is merely powerless false *sense* believed to be reality. It is not an entity, not a presence or a form, and does not, of course, affect God in the slightest.

To see truth where a problem appears to be, I must lift my awareness up into the atmosphere of truth and let Awareness Itself fill me with the light of clear seeing. I cannot do anything to see clearly because "I can of mine own self do nothing." (John 3:30) "The Father who dwells in me does the works." (John 14:10) I of myself cannot be, know, or achieve anything of truth. I of my own self have no faculty to evidence truth; however, my Awareness Itself is the omnipotence of truth (the one power, law, and form of truth) and is this instant *being and sensing* (seeing, hearing, tasting, touching) the fullness of itself *as* me and my world.

Turn to Awareness Itself again and realize: this instant Awareness Itself is being and seeing heaven as earth as you. All you need do is turn to it and open your being so that its activity can be felt within. The minute you feel the presence of warmth or light or relaxedness or release, or beauty, or love, you *are experiencing* the universe of Awareness Itself. Now *rest* receptively and *let* — this is so important — *let it be what it is* as your spiritual fulfillment, which you then experience as "outer" fulfillment.

"Your fulfillment" means the fulfillment of individual *spiritual* self, not a personal self. It would be better to take the "your" out of the equation: Awareness Itself is all and, therefore, is individual and unique fulfillment of all.

Be sure to understand that we experience our true identity (our fulfillment) only when "we, the personal selves" are out of the equation and are yielded openly, receptively to Awareness Itself, to the presence of *I* itself, the actual presence we are. Removing the personal sense of self from the equation does not cause us to lose ourselves and our worlds as we recognize them, but *opens our experience* to the true life.

"I live and move and have my being in God," so wherever I am, heaven is. This world is heaven. Every person, form, place or activity is true, but we have been seeing through dark glasses of belief and thus experiencing it falsely. Now we change that by realizing what we and our worlds actually are: We turn to Awareness Itself, drop our senses of self, yield every breath of ourselves, and simply *behold* Awareness Itself taking place as the individual beings named you and me.

As we behold Awareness Itself taking place, the truth of everything we can name from the deepest part of our mind to the end of our universe *is revealed.* Nothing has to change out there, heal out there, pacify or prosper out there in itself. All already *is;* our simply *resting, beholding* Awareness Itself, reveals that *isness* throughout our lives.

Rest with this for a few minutes now. Deeply relax, let go, and give your entire being, your entire universe to that which it is — Awareness Itself.

(Period of silence)

In this way of restfulness and receptivity Awareness Itself goes before you to make the crooked places straight. This means that Awareness Itself is now *able* — in and through your yielding to it, your receptivity to it itself, for the experience *of it itself* — to flow through your sense unencumbered and reveal itself as the true image and likeness of all people, things, and conditions.

As Awareness Itself goes before you to make the crooked places straight, where are those crooked places straightened? Out there? No, *in here.* Right *here* where the glasses of belief have been firmly attached, Awareness Itself dissipates belief and, still right here, truth becomes clearly evident and tangibly experienced.

Knowledge of God-Is Alone Is of Little or No Practical Good

It is absolutely true that *God is,* that God is *all.* It is absolutely true that nowhere is God absent. But these facts and knowledge *alone* do us no good in practical experience.

It is only when we know the truth that, despite sense testimony, all that we are and experience is God, good, that we can look falsity in the face, realize its nothingness, and dismiss it. It is when we stand on truth and realize *I live and move and have my being in earth as it is in heaven* that we realize that every person, thing, condition, everything we sense is God; is the very form and visibility of perfect being, perfect object, perfect amount, perfect place.

Only the glasses of belief "in here" distort the perfect image and likeness "out there," resulting in seemingly imperfect person, thing, and condition. The immortal perfection out there remains the same yesterday, today, and forever — divine, incorporeal existence untouched by world belief.

The whole of truth experience hinges on this knowledge, and it must be more than intellectual knowledge. "Only God is and all 'else' is false and powerless imagery" has to register within us so that we are operating in our world deeply knowing, *feeling* this song of truth singing in us within and without.

Everything I experience is God. If I am not seeing it clearly, it is because I am still looking through glasses of belief.

This is the truth we must know — continually maintaining in and as awareness (knowing) that no personal self exists; only God self exists.

"Know the truth, and that truth will make you free." (John 8:32) Knowing truth makes you free in true identity, free in Awareness Itself, and being free, you are *able* to come to Awareness Itself without baggage, without anything of name or definition; without any need or desire; naked in God, prepared for the God experience. Now you rest, relax and feel the presence in action as you.

Tangibly experiencing truth hinges entirely on first, having the knowledge of truth and second, *feeling* the presence and activity of truth within. The acts of awareness that you are *being and feeling each hour* are the acts of awareness that reveal truth.

Remember, no human, mental, physical, or material acts will reveal truth. Only acts of *awareness* reveal truth. From this instant, develop the habit of continually stopping for a few seconds to turn to Awareness Itself, bringing to it your whole attention, your whole trust. Realize that every time your awareness is turned to Awareness Itself, you are open and receptive for omnipotence to pour through your senses revealing your fulfilled experience.

You do not have to draw Awareness Itself to you — coax, pray, meditate, sit in silence. *You need only turn to it, be still, and freely receive,* realizing that it is the one infinite power, the one eternal existence of *is, is-ing as* individual and unique you and your world. Turn to it continually; simply stop for a few seconds, be still, and *listen.* This is the most glorious and the most abundantly fruitful act of awareness that you can give yourself and your world. Do it now: stop; turn to Awareness Itself; be still, be open; listen, and freely receive.

Remember, this practice is not for "a reason," for "a result," but for the experience of Awareness Itself *being itself as you.*

It is like stopping at the spiritual gas station every few minutes, topping yourself off. It is keeping open the windows of being, so that the power, the life, of Awareness Itself is able to abide in you and be tangible and practical throughout your life. "He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." (John 15:5)

You have discovered the greatest secret of life when you know this truth and continually turn, open and receptive, to Awareness Itself and experience (feel) the presence and activity of truth within.

Be Patient with Yourself

If you are new to this you may not immediately see the more abundant fruits, but they are on their way, and rapidly so as your eyes continue opening.

Continue "abiding in Me and feeling Me abiding in you" until you reach thirty, forty, fifty times a day, staying open for twenty to thirty seconds (sometimes a minute or two) feeling the presence, and then returning to what you are doing.

Watch how abundantly this practice fills your mind with the living and practical awareness of God being the one power, the one life, the one world. Continuously opening yourself to and feeling the presence and activity of Awareness Itself keeps you open to hear the voice and see the form of God, good.

God is only *evident* as the one existence as we yield and *let God be so* "in" and "out through" us. If we remain personally present and active, then God is absent as far as our experience goes. We must make God the only in order to witness God as the only. Do you see that?

As you keep making yourself absent in this way throughout the day, watch the miracle that takes place in your life. Watch the transformation of awareness; watch the fruitage you begin to see filling your mind, body, and world, the harmony beginning to fill your every place and activity.

Watch the most wonderful "coincidences" of good coming to meet you, watch health, love, harmony, and abundance stepping up to meet you, opening the way, clearing the path, revealing themselves as the one truth throughout your experience.

This *practice of the presence of God* is the continuous act of awareness. Initially it may be hard to keep up but it soon becomes a habit, and then far deeper than a habit, it becomes your very way of existence.

This activity of awareness is the way of earth as it is in heaven — witnessed, visible, clear, real, practical.

CHAPTER FOUR

ALL-KNOWING AWARENESS ITSELF

Are you feeling the release? Are you beginning to feel the freedom of body and world, of being in the world but not *of* it?

Indeed, as we abide in Awareness Itself and Awareness Itself abides in us, we are in the world (in the objective experience) but absolutely not of it.

When we truly realize that all is awareness and we see that our act of awareness — our act of being in awareness and experiencing awareness in us (living us) — *is our freedom,* nothing of the world in itself can touch us. We are immune to illness, injury, lack, limitation, disharmony because God is not merely a theory, a letter of truth: God is now tangibly present in our experience as we *feel* its presence and activity within.

When we feel the presence — when we are unattached shapes, sizes, sounds, people, bodies, conditions, places, but these are nothing more than multitudinous *senses* of the oneness of existence.

God is immortal, incorporeal, eternal; and because God is all, we and everything are immortal, incorporeal, eternal.

The key to tangibly experiencing truth is our *activity of awareness.* Seek and experience Awareness Itself as the one self-complete existence it is — without otherness, without division, without separation, without name and definition; seek the incorporeal, remembering that we have a corporeal sense of what is one hundred percent incorporeal.

We must seek Awareness Itself *as it is* — as incorporeality — and be satisfied with this one experience. We must understand that although it seems as if the experience of the presence of God within has no connection to the sense of outer need being fulfilled, it has everything to do with it. *It is the one omnipresent experience!* But if we are still stuck in believing the outer in itself, we block the fulfillment experienced within *from* outer sense.

This is why we must leave all problems aside. If we take our problems to God with us, we fail before we begin. We must be empty, baggage-free, naked in God, seeking existence *as* it is and *for what* it is, and be fully satisfied with that experience. If we want something "further" from it — if we want the demonstration of a corporeal good from incorporeal God — we have not yet awakened to truth and we fail to evidence our good. We are out of God awareness and therefore out of the very consciousness that *is itself* all self-evidenced good.

However, when we realize truth and therefore stay in God, desiring, seeking, and being satisfied with the God experience *as it is* and *for what* it is, the miracle is experienced. The answer — which exists fully established and manifested in Awareness — becomes clear; and because awareness is form, the form of the answer (the healing, prosperity, love, or harmony) is quickly evident to outer sense as we rest and freely receive the ever-present light of Awareness Itself.

Truth Is Ever-Present and Tangible

Truth is ever-present and tangible, but we cannot see it if we live in belief. The tangible and practical answer you seek (and maybe have sought for a long time) is forever established and already demonstrated in Awareness Itself.

Seek awareness for Awareness Itself. Drop the problem, realizing that all, despite erroneous appearance, is actually Awareness Itself. By your *being* what Awareness Itself *is,* all is quickly evidenced truthfully and harmony is restored. Never forget: we must *be truth* in order to *witness* truth; we must be a god in order to witness God.

What You Are Seeking, You Are

Seeking awareness as *it* is does not require mental hocus pocus because you *are* what you seek. You simply have not yet *realized* this truth. As soon as you do, everything of your fulfillment meets you before you need it.

You are *aware;* you are *alive.* Life is *awareness.* Nothing exists without our being aware of it and, remember, what we are aware *of* is also the substance and form of awareness. All is awareness, and, of course, there is no such thing as unaware awareness.

"God created us in his image and likeness." (Genesis 1:27) We are the sons, the daughters of God. We are the sunbeams of the sun. All is already done. The kingdom is finished. All is finished, perfect, tangible, and immediately demonstrable, including the answer to every apparent problem. "Before they call, I will answer; and while they are yet speaking, I will hear." (Isaiah 65:24) We have to wake up to what *is.*

We have been living with what is *not* (belief); therefore our experience of truth has been distorted and limited. It is for this reason alone that what is real and harmonious has appeared to be problematic. The "glasses of belief" distort and disgrace our experience. The one requirement is to remove the glasses and start living as life actually *is* — as the finished kingdom of God.

The answer has been present all the time, but we have to know what that answer is and how to access it, how to experience it. The true and everlasting answer has nothing to do with what appears to be needed.

The answer is that all is Awareness Itself; therefore we have to abide in Awareness Itself and let Awareness Itself abide in us. In this secret place of Awareness Itself *experienced,* the answer becomes clear to us; and because awareness and form are one, our newly illumined awareness is its own image and likeness as the needed healing, harmony, prosperity, or love.

Rest for a few minutes now, simply seeking and experiencing Awareness Itself, knowing that as you feel the presence and activity within, it is the completed experience — the visible, tangible answer made evident.

(A period of silence)

"Where the spirit of the Lord is, there is liberty." (2 Corinthians 3:17) This is the secret.

If we seek health where sense testimony suggests disease or injury, we will never be able to experience that health or that healing. Why? We eternally are and have all the health that God is and has. If we fall for the appearance of disease or injury as being real in itself and then seek its opposite, we are "proving" that we do not know the truth. We are being what reality *is not;* therefore we cannot witness reality.

I am unchanging life, health, and vitality unto eternity. *I* am spirit and truth, not matter and untruth. *I* am incorporeal being (Awareness Itself), not corporeal being. Therefore, how can either a corporeal problem or a corporeal solution exist? It cannot. Only Awareness Itself is.

Incorporeality is the secret. We can look forever and we will never find a corporeal problem, but we do find a universe of *belief* or unawareness problems. As soon as we become aware of what all *is* and then seek it *as it is* — seek the incorporeal *for incorporeal* fulfillment — then all seemingly separate and discordant aspects of sense are illumined and witnessed as harmonious and healthy.

"Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full." (John 16:24) Seek me as *I am,* not for something you sense as being needed; but as *I am.*

God (Good) Is Instantaneous

Do not believe that you need wait for your good — wait for healing, love, harmony, prosperity, sufficient capital or sufficient money for your everyday needs. Boundless good is already present where you are, usually with twelve baskets full left over. "I live and move and have my being in God [in good]." (Acts 17:28)

What good already exists? *Awareness Itself.* Seek, find, and live by Awareness Itself, and you not only find the truth of (the solution to) what seems to be discordant, but also the omnipresence of good. As you awaken to omnipresence, the world of good becomes yours.

Take no thought for the things of your life — health, love, business, money, friend, happiness, purpose fulfilled.

Seek not these things; rather, seek the kingdom of God (Awareness Itself).

Why? It is not wrong to want the good things of life, but the question is, What is life? Once we know what life and its forms are, we know that behind the appearance are the infinity and omnipresence of Awareness Itself. Therefore, once we tap into Awareness Itself we have access to all that infinity is, omnipresent wherever we are.

Seeking and Finding Is Instant Fulfillment

If you cannot see me standing behind you, you do not experience me. But once you know that I am behind you, your experience of me is instant. You turn around, and I am there. In this way, confidently turn to Awareness Itself, and you have found the presence of all fulfillment.

Seek me, seek *I*. "I am the Lord [*I* am the substance and visible form of good], and beside me there is no savior." (Isaiah 43:11) That should be enough to know.

"My grace is sufficient for thee." (2 Corinthians 12:9) I did not understand that in the early years. How can grace be my sufficiency of health, business success, money, love, safety?

"Thy grace is my sufficiency." What is "thy grace"? It is the experience of God's presence, love, peace, which pours through the open senses and reveals its image and likeness.

Thy *oneness* is my sufficiency when I am truly abiding in oneness, abiding in incorporeality, not attempting to separate and divide oneness into different categories of corporeal fulfillment.

Understanding incorporeality is the key. Incorporeality is God, spirit and truth. It is the one reality. It fills all space. It is all things. It is infinity, omnipresence, eternity. It is the same "yesterday, today, and forever". Nothing "else" exists. It is *one* and cannot be separated and divided into different parts. Once we have incorporeality, we have the secret of life; we have the spiritual eyes that see the infinite good of the universe.

Thy oneness is my sufficiency.
Thy incorporeality is my sufficiency.

Our conscious awareness of incorporeality within and without reveals its image and likeness as objective sense.

Abide in incorporeality (oneness, immortality, indivisibility, inseparability), knowing and trusting that as you feel incorporeality abiding in you, the fog of universal hypnotism is dissipating and your entire incorporeal (true and abundant) world is making itself visible and real to you. Now you only need *behold* the wonders of life, love, harmony, and prosperity offering themselves to you without thought or effort.

I cannot sufficiently describe the miracle that takes place in your life as you devote yourself to abiding in oneness, feeling oneness abiding in you, and being satisfied with that one experience, knowing that *it itself* is the one true experience. Heaven opens her doors to you; earth reveals herself as heaven. Everything you touch reveals itself as having the abundant resource of infinity and the unfailing purpose of omnipresence.

I urge you to take heed, *and live!*

The experience of oneness felt within is My grace being sufficient unto thee. It is the visibility of God now evident as all — the healing, abundance, harmony, peace, love tangibly experienced on earth.

Remember though, the way we *humanly* describe categories of experience has nothing to do with the one true experience, but rather describes our objective *sense of* the true experience.

room, or through a window on a flower or tree, or even on "thin air." See that the *it* of it is not merely what it appears to be, but is the omnipresence of God (good) — the omnipresent center or heart of all that existence, life, is.

Wherever you look, there *I* am, because *I* am omnipresence. Realize that because there is literally no inner and outer, no within and without, *I* am not "within" you, looking "out" at a world full of human beings, places, and things — some good, some bad.

I *am the one omnipresent good. Therefore, wherever my awareness is is the all-good of God.*

When you are aware as and through *I,* you observe the harmony and wholeness of the people, places, and things you are aware *of.* In other words, when you observe "inside-out," you observe truthfully (your experience of the world is as it is in heaven), but if you observe "outside-in," you are unable to see "as God sees."

If you observe from the outer appearance, and if you believe that appearance is "good" or "bad" or "real" in itself, then it appears to be so and acts accordingly in your experience. Your world of good and bad appears to have powers that act upon you and your affairs without your having much (if any) control over them.

However, both the outer appearance and belief about it are non-powers. Only God itself is entity and power. The outer is imagery of the one entity and has no power in itself. Likewise, belief is a non-entity and powerless in itself.

The "I" that I have believed myself to be is not the "I" that I truly am. All is God; all is Awareness Itself.

I am and exist as Awareness Itself. My whole universe within and without is Awareness Itself. I am its center and its allness; I am *its "cause" and its "effect." I am and have dominion over everything it constitutes.*

God is infinite individual being. I am (and all people are) individual God being. "Ye are gods." (Psalm 82:6; John 10:34) As a god, you have dominion over everything of your earth. "And God said, Let us make man in our image, after our likeness: and let them have dominion over . . . all the earth." (Genesis 1:26) Your dominion starts with the realization of *I am:*

I am omnipresence. I am not a local human presence, not even a local God presence. I am omnipresence *itself. Therefore, whatever I see, hear, taste, touch, or smell, it is* I am; *it is the infinity and omnipresence of all that God is and has.*

Because all is Awareness Itself, we live and move and have our being in the infinite ocean of Awareness Itself; we *are* that infinite and omnipresent ocean of Awareness *Itself.* Our truth — health, wealth, harmony, love, freedom — is experienced and tangibly witnessed solely by our individual *acts of awareness.* Nothing else is involved because nothing except awareness exists.

Fulfillment Is Principle

God is love itself. Love itself is *principle* — absolute, invariable, eternal.

Principle itself is the only invariable. To experience principle — such as the principle of math, music, or aerodynamics — *we* must lift our understanding and application to *it.* The principle of flight has been available to us since time immemorial, but it was only when George Cayley designed a primitive airplane in 1799, and 50 years later put a person in a flying machine which took off and flew[1] (and then when the Wright Brothers demonstrated the first powered flight in 1903) that the fulfillment of flight soon became available to everyone on earth and infinitely so.

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[1] *The Man Who Discovered Flight: George Cayley and the First Airplane* by Richard Dee

Principle, although ever available, cannot fulfill an unprincipled mind or an unprincipled design or practice. Rather, *our* unprincipled minds and practices must be lifted up to the principle. The moment we are attuned with the principle, we not only *have* it (and immediately benefit from it) as practical, everyday fulfillment, but we have the *infinity* of it.

This is why the instruction is given us, "Let this mind be in you, which was also in Christ Jesus." (Philippians 2:5) As soon as we lift our minds into (become one with) the principle of God, good, all that infinity is and has becomes ours to utilize in daily practical living.

Acts of Principle

The fulfillment of any principle is achieved by *acts of principle.* The sun fulfills itself by acts of the sun; math is fulfilled by acts of math; flight is fulfilled by acts of aerodynamics. Only by the activity of, or our fulfilling of, a particular principle *itself* is that principle infallibly evidenced.

Principle is the only true Love (God) *because* it is invariable. If principle bent its laws to accommodate our unprincipled needs and desires, it would be personal and variable and therefore not be truth, not be principle.

The only way God (or any principle) is brought into tangible experience is by *the activity of itself in our minds and actions.* From the moment we have lifted our awareness into God and let the activity of God itself operate in and through us, we are free in spirit and free of every world discord and limitation. "For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death." (Romans 8:2)

However, if we veer from a principle by even one degree we fail to evidence its fulfillment. Principle, being self-contained, self-complete, self-evident, does not take us into account. If we want to experience it, we must take account of *it* and abide by *its* laws.

If we do not, if we are out of tune with the principle of God, God is unavailable to us. It matters not how much we study, meditate, and sit in silence.

Being in tune with the principle of God means realizing that only God *is;* therefore only God *can.* God is evident only as itself. The moment we have "another," we cannot evidence God. Sometimes we are deceived into believing that God is evident after we have managed to mentally or materially produce a degree of good in our lives. The proof that this good is not of God is in its impermanence. Impermanent good is not of God but of mental might or material power.

Principle Is Incorporeal, Never Changing

Principle, which God is, is incorporeal. Incorporeality *is;* it does not vary. The incorporeal is the finished kingdom of God, perfect in every way. Nothing can be added to it; nothing can be taken away from it. The finished kingdom *is.* God *is.* Awareness Itself *is.* The *I* of you *is.* God, Awareness Itself, never changes. "[I am] the same yesterday, today, and forever." (Hebrews 13:8)

Now think. No one would disagree that God is fully evident *as itself, to itself,* for *its own purpose.* What then is the only reason you or I might not see God as itself — as our health, abundance, love, harmony? It is the same reason that we might not be able to see 2 x 2 = 4 when we first learn math. If we see 2 x 2 = 3, why is that? Math is certainly fully evident as itself, to itself, as 2 x 2 = 4. The "4" of 2 x 2 exists right where we are even as we see “3”. We see “3” because *we have not yet attuned our minds to math.*

The minute we wake up to 2 x 2 = 4, we have it eternally and infinitely. We have thousands of fours available to us wherever we are and whatever we need them for — the supply never runs dry.

Awareness Itself already is and is already fully evident as all that it is as individual you. But that individual you is not human; humanity is the universal concept of God-being or Awareness Itself-being.

Humanity, despite universal belief, is not separate and different from God. Only infinite God exists; therefore only spiritual being exists. We must realize this if we are to awaken and have that mind which is in tune with infinity: “Let this mind be in you, which was also in Christ Jesus.” (Philippians 2:5)

Being out of tune with infinity and therefore looking to the principle of God to fulfill our sense of need and desire has been mankind’s only problem. For centuries we have hoped that our praying, studying, meditating and sitting in silence will benefit us, and this is why we have failed. God does not have any benefit to give us because there is no human “us”; there is only God.

“Know the truth, and the truth will make you free.” The minute we do know the truth, give up trying to live life as separate beings and yield (allowing ourselves to be animated by Awareness Itself), we discover the miracle of our true identity.

Eternal Life

All that eternity is and has is alive as us. Our true selves are never born and never die, and we *consciously* never die once we have lifted from belief into Awareness Itself. Awareness can never be *un*aware. Awareness is eternal *is.* The one eternal *is* cannot one day become *is-not. Is* cannot change or die. You and your body are eternal. Only a belief or concept *about* you and body can change, wear out, and eventually die, but the individual *is* that stands behind the concept lives eternally.

Our bodies are not physical; they are bodies of, functions of, organs of Awareness Itself. When we deeply realize this — far beyond intellectual knowledge, when it clicks inside, when we feel it registering within and releasing itself throughout us as being the one truth — it becomes our tangible, visible reality.

Ah, I realize it! Only Awareness Itself is! Therefore I am that, my body is that, every organ and function is that, and everything of my world and universe is that.

With this realization, and in the stillness and receptivity of human sense, Awareness Itself has the space and freedom in us to live and breathe and flow through our senses as its true image and likeness. This is the experience that transforms life; that heals, prospers and harmonizes all in our awareness.

Awakening Is Now

The moment of spiritual awakening or realization is *now.* Awakening seems to take years or decades or sometimes lifetimes, but this seeming "time span" is not true activity, not a true act of principle. Time exists in sense alone, not in God. The only "time" is this instant of now; the only time in which infinity and eternity exist as conscious, tangible truth experience is this instant of now. Knowing this principle and living by it collapse the sense of time, and awakening is experienced now.

Only *now* exists; realize this. Right *now,* nothing in the universe prevents you from awakening to the truth that *I am Awareness Itself.*

I am not human. I do not have a mental mind and a physical body. I do not have a material world that requires managing, improving, maintaining.

Only the finished kingdom of Awareness Itself exists; therefore I am that.

Awareness Itself — I — exists in all its peace, harmony, and glory within and without this instant of now.

I is. I already *am. I* is the finished kingdom; the finished kingdom is *I.* The seeming "I, me, mine" of us are labels we use to describe the experience of the personal sense of self, but because there is no personal self, all labels are untrue.

Let us drop all labels and live continuously in the conscious awareness of our true *I.* We do not need words and labels. We need only one fundamental awareness because there is only one fundamental truth, one fundamental principle: *I am.* As we live in and as the conscious awareness of *I am,* we need only let Awareness Itself live its life as and through us in order to witness the miracle of being in the world but not bound by it; to witness infinity, eternity, and freedom being the one truth within and without.

Take many periods of quiet every day to ponder and feel these truths, and then be silent and receptive to let them alight within you.

The Illusion of Inner vs. Outer

Awareness is one, omnipresent, and indivisible. What appears to sense to be inner vs. outer is illusion.

Sense testifies to a within as opposed to a without, an ethereal as opposed to a palpable, but the awareness we are sensing *with* is in reality the one awareness that all is. It is we who insist (albeit unwittingly) on separating, naming and defining oneness. Knowing the reality of oneness is the secret doorway to discovering the kingdom of truth; awareness *itself is* the discovered kingdom.

When we are absorbed in, yielded, and attentive to Awareness Itself rather than the inner-outer subjects-objects *of* awareness, we have entered the kingdom of clear-seeing where the certainty of God is ours instead of the uncertainty of belief. We have arrived *by our activity of awareness* into truth where all good is manifest. Our *being* in tune with Awareness Itself makes the things and qualities of *truth* visible, real, and practical in everyday living. Infinity is ours; all discords, limits and delays of separated sense no longer exist.

Cast Your Bread of Awareness Itself

> "Cast your bread upon the waters; for you shall find it after many days. Give a portion to seven [spiritual perfection, satisfaction], and also to eight [God realization, resurrection from the sleep of collective hypnotism, awakened self, new beginning]; for you know not what misfortune shall come upon the earth."
> (Ecclesiastes 11:1-2)

When we know the truth and cast the bread of Awareness Itself upon the waters of sense in portions of "seven and eight" (meaning abundantly and consistently), *oneness* — the infinity of health, wealth, love, and harmony — comes back to us.

But when we are under the mesmerism of illusion, we cast our desire for good *things* and *conditions* upon the waters of sense. We look *out as* separation and difference; we believe sense testimony and accept ourselves as less-than-infinite, spiritual beings living in a less-than-infinite, spiritual world; we believe materiality and physicality, time and space, cause and effect to be reality and we make effort to manage and control them. In this way, we cast the bread of duality instead of oneness, and so duality returns to us.

To those who *have* the realization of Awareness Itself much shall be given, but to those who have *not,* even the little they have shall be taken away or shall be an unrelenting struggle. (Matthew 25:29)

We have to *live* in conscious constant awareness of our true identity in order to *witness* true identity.

We have to live infinity — even more than living infinity, we have to *be* infinity, *be* the very presence of infinity *as all* within and without.

We have to know that Awareness Itself *is* manifest truth, and therefore *be* the activity of awareness *itself,* rather than being the activity of the hypnotized self that seeks the *things of* awareness in themselves.

Realize that everything you see, hear, taste, touch, and smell is the subject-object of (the form of, the body of, the place of, the amount of, the color of, the fragrance of, the activity of) Awareness Itself. All sensed subjects and objects are simply our names and definitions (simply labels) for the *one* they truly are, Awareness Itself.

Seek what all *truly* is, not what all seems to be, and you open yourself to the infinity of self and to the infinity of all in your world.

Being Truth Rather Than Seeking Truth

Just as the sun has to *be the sun* instead of darkness in order to experience its universal light, so we must *be* Awareness Itself in order to experience our universal true identity.

We must *be* what we truly are in order to evidence what we truly are, and what we truly are is Awareness Itself.

As we exercise acts of awareness, as we keep our mind in Awareness Itself — not on the objects of awareness, not on the forms, things, and people of sense, but in and on Awareness Itself — we quickly see the truth of all because Awareness Itself is what all actually is.

We must be the truthful cause of what then becomes evident as the truthful effect. Without the presence of true cause, there is an absence of true effect.

We are forever being one cause or another and cannot escape being the cause of our experience. Whatever our awareness *is being* is the bread we are casting and the bread that will return to us.

Whatever we sense, and whatever we know about that sense (true or untrue), we have set a cause in action. The question then is, what type of cause are we being? Are we casting the bread of truth or of belief? Are we *being* the bread of Awareness Itself or of the pairs of opposites? Are we *being* of God or of humanity; of spirit or of matter?

The very fact that we are alive is our being-ness (our cause) casting its bread. Every minute we must be on guard to make sure that we are being truth, not untruth; that we are being Awareness Itself, not belief itself, not humanity itself, not matter itself.

We have to be a god, full of spirit and truth. When we feed and maintain our awareness of Awareness Itself, we discover that we never need take thought for a single thing; the things take care of themselves because they are the infallible *effect* of what we are *being.*

> Take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things does every person seek): for your heavenly Father [Awareness Itself] knoweth that

> ye have need of all these things [*is* all good, objectively sensed]. But seek ye first the kingdom of God [Awareness Itself], and his righteousness; and all these things shall be added [become tangibly evident] unto you [unto your awareness]. (Matthew 6:31-33)

The word *seek* means *realize. Realize* the kingdom of God and its righteousness, its reality, and all these things — all the objective sense of God, good — shall fill your awareness.

> I am the light of the world. (John 8:12)
>
> I am the way, the truth, and the life; no man comes unto the Father [the reality and tangibility of truth], but by me [but by *I am,* Awareness Itself]. (John 14:6)
>
> I am the bread of life: he that comes to me shall never hunger; and he that believes on me [believes on Awareness Itself] shall never thirst. (John 6:35)
>
> I am the living bread which came down from heaven [Awareness Itself is the living forms of good, sensed objectively as the substance and forms of perfect life, mind, body, and world]: if any man eat of this bread [if any man "eat of" the presence and activity of Awareness Itself felt within], he shall live forever: and the bread that I will give is my flesh, which I will give for the life of the world [Awareness Itself *is* the infinity of all good, sensed objectively as the good and freeing forms of sense]. (John 6:51)

The all-good of infinity is already present where you are. God is infinity and omnipresence; therefore, all that exists is God. "All things were made by him; and without him was not any thing made that was made." (John 1:3)

We have been unable to *see* and *have* the freedom of reality because we have been casting the bread of duality instead of oneness, instead of the bread of Awareness Itself.

Let us understand this, and let us "be about the Father's business" (Luke 2:49) of casting the bread of oneness, of realizing oneness, of being the god that we truly are, of being incorporeality, being the cause of what appears as the effect of fulfillment. Then good shall come unto our experience — some thirtyfold, some sixty, some a hundredfold.

Truth is infinite and unconditionally present here and now, and infinity becomes tangible, real, and visible in everyday experience as we cast the bread of oneness.

CHAPTER SIX

THE ULTIMATE REALIZATION

When you feel the truth of what you are about to read alight within, you will be among the rare few who grasp this truth in a lifetime. From the moment of its illumination in us life is transformed. We have died to human belief, to the physical, to the material, and we are aglow and free in spirit.

This is the truth that makes you free. It is eternally alive in every person, but human sense dulls it to the point of being unaware of it. Open your senses now, so that you may discover the infinity within.

Nothing Believed, Is

No matter what we believe about our human selves and material worlds, it is not *truth.* Truth is God or spirit; Awareness Itself. Awareness Itself is the all-of-all good, within and

Awareness Itself constitutes body, inclusive of the objective experience of body. What seems to be the physical body is actually the body of awareness. It is infinite, omnipresent, eternal, unchanging — life itself. Sense seems to physicalize it. Ignore sense and realize truth. The body is the fullness of spirit which is infinite and eternal. This truth realized dissipates the fog of illusion and reveals the true health and vitality of the body.

The quality of our life and body is determined by the quality and magnitude of our *awareness.* What do we know about our awareness? When we know that awareness is Awareness Itself, we continually "look up" to it to reveal the true life and body. We do not judge by or look to the physical, but to Awareness Itself. "Where two or three [of the five senses] are gathered together in my name [in Awareness Itself], there am I [life, truth, infinity] in the midst of them." (Matthew 18:20)

Health is God Itself or Awareness Itself and cannot be known by the intellect or judged by physical testimony. We must drop the word "health" and our understanding of it in the realization that health is God Itself. If we hold "health" in mind, judge whether we have it or not, and then look to God in order to get it, we fail. We must never lean on our (or even the world's) understanding of life or health. "Lean not unto your own understanding. . . . His understanding is infinite." (Proverbs 3:5; Psalm 147:5) Do not even lean on Paul's understanding; lean only unto the understanding of Awareness Itself. "Lean not unto" anyone or anything you hear, see, taste, touch, or smell, but lean unto Awareness Itself alone.

When this truth of life and health has registered within us, we never again take concern for the body. Once we live by the presence of Awareness Itself, we have what constitutes our experience of the healthy, vital, youthful, and eternal body.

However, remember, the body is not physical; it never turns from Awareness Itself into physicality. It remains the body of Awareness Itself. We experience its truth by the degree we live as and by Awareness Itself — not duality, not Awareness Itself plus the physical, not Awareness Itself plus you and me as human beings in much need of health and strength, but by living Awareness Itself.

Just as the ocean itself constitutes everything the ocean is and has, so Awareness Itself constitutes body, inclusive of the objective experience of body. When we understand that the ocean constitutes the waves, constitutes the saltiness, the wetness, constitutes every glorious aspect of the ocean, then when we have the ocean, we have all that the ocean is and has in our tangible experience.

Likewise, we experience Awareness Itself once we have dropped all these labels we have placed on life. We have to know that Awareness Itself (which constitutes the infinite good of objective experience) is the only reality, the only entity, the only form, and the only power. With this realization, we find that all the labels of life are fulfilled; health and vitality, beauty, eternity are now the fulfilled body experience.

We could call this activity of awareness *acts of health* or *acts of healing,* and it is, but we must not be fooled by names and definitions; we have to know that our acts are actually the conscious turning of our awareness to Awareness Itself. For example, when (according to sense) we need healing we ignore sense testimony, turn straight to Awareness Itself and let *it* reveal the truth of the body. As long as we are still and patient enough it infallibly does, and the healing is evidenced.

The same principle applies to supply or wealth. We could call it *acts of supply* or *acts of wealth.* Indeed it is, but what is that activity? It is a singular activity, and no matter what subject we believe we are performing it for, the activity of demonstrating objective supply or wealth is that of turning our awareness to Awareness Itself.

Awareness Itself constitutes infinite and omnipresent supply; Awareness Itself *is* supply. Because awareness (which is infinite), already exists, infinite supply already exists. The prophet Isaiah tells us, "Before you call, I will answer." (Isaiah 65:24) Before you realize you have need of dollars or opportunity or new customers, I will supply them. How? *I* (Awareness Itself) am already present, and *I am* supply.

The answer (the supply) is present now. *I am* answering (supplying) this instant; *I am* the answer (supply) this instant. But *are you* open? Can you receive the answer that is continuously presenting itself?

The *I*-ness of you, of me, of all *constitutes* the answer (the supply). *I* am the activity of *I; I* am all that constitutes *I* itself, within and without.

I have not left you (individual God being) devoid of *I. I* have not churned you out into a world which is separate and different from *I,* from infinity, from omnipresence. *I is* infinity, *is* omnipresence, *is* you and your world. Heaven *is* earth; earth *is* heaven.

Acts of supply are acts of Awareness Itself. Awareness Itself supplies our sense of awareness, as the sun supplies the sunbeam. There is no actual supply from source to recipient. All is one; all is omnipresence. In experience, it appears as if our lives on earth are supplied or fulfilled by God in us (or God realization, God consciousness), but this is not true. God is what we are, just as the sun is what the sunbeam is.

The way of evidencing the infinity of supply — money, success, or prosperity — is by being in tune with Awareness Itself. As we realize that Awareness Itself constitutes the infinite form of itself, no matter whether we label the form "money," "business," "success," "home," or anything else, we continually look to and rely on Awareness Itself to reveal its infinity of form as our every fulfillment.

The act of supply, the act of wealth, the act of prosperity, the act of success are all brought into one and evidenced as one, which is Awareness Itself.

The Single Act of Awareness Itself

By the singular activity of *being aware of and feeling the presence of Awareness Itself* we bear witness to its tangible completeness, harmony, and boundlessness as every person, thing, and place we are currently aware of.

The label in our awareness at the moment is supply. To us it may appear as money, success, prosperity, wealth. But we do not take thought for these in themselves; we do not seek Awareness Itself to supply these labels in and of themselves. If we attempt to, we are in a consciousness of duality. Rather we stay in oneness, taking no thought for the things at all. "Take no thought for your life"; (Matthew 6:25) "but seek the kingdom of God instead, and all the things will be added unto you." (Matthew 6:33) As we are aware of Awareness Itself as and for itself, it becomes evident as the fulfillment of the things of sense. But we must be careful not to separate and divide.

The same one activity of awareness brings forth the fruits of true love and relationship. From outer appearance it may look as if our wonderful relationships are caused by our knowing something deep about human love that most of the world does not know; that we are performing a miraculous activity of "love and relationship consciousness." But the secret is our *lack* of attempting to bring forth love as we hope it will be and relationship as we would prefer it to be.

We must not bring our human understanding or desire to relationship, but must turn within empty, yielded, receptive, willing to gain God's understanding *of itself.* As we receive God's understanding by feeling the presence and activity of Awareness Itself within, our objective sense translates it into the forms of tangible love, light, givingness, sharing, gentleness, and wisdom.

No Labels, Just One

Even though sense testimony presents pictures of separation, difference, variety, and amount, we have to ignore these pictures and know the truth of the oneness which is invisible to sense yet is the truth of all.

We have to empty ourselves of the labels "student" and "teacher." I do not see you as a student and I hope you do not see me as teacher. What we "both" are is Awareness Itself — fully present, tangible, visible, and real. It is true that my *awareness* may be momentarily a degree greater than yours, but never let me believe that I am greater than you are or that you are lesser than I am, for one day soon it will be my turn to be taught and lifted by you.

Shed all labels by reading truth, listening to truth, contemplating truth, feeling truth. Understand truth by the spiritual logic of oneness.

From the beginning, the Miracle Self classes and writings have been filled with spiritual logic, with inarguable truth. We have to catch and hold within ourselves the inarguable truth that God is infinity and omnipresence, and that therefore nothing else exists, that there is no inner vs. outer, that there is only spirit and truth.

We have to realize oneness. We have to awaken to the fact that the inner *is* the outer and the outer *is* the inner; the male is the female and the female is the male; heaven is earth; earth is heaven.

Only Oneness Is

Only oneness is. Only Awareness Itself is — within and without. Drop all labels, drop your understanding, drop your sense of love, relationship, each other, and lift into and rely on Awareness Itself as all of all. Realize that Awareness Itself constitutes the already-existent fulfillment of what "we" label love, as true relationship and each other's true identity.

Let us purge ourselves completely of all names, definitions, and labels. If we do not, there is no room in us for Awareness Itself to live and breathe and reveal our truth. "God is a jealous God. . . . Neither do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved. (Exodus 20:5; Matthew 9:17) Two objects cannot fit into the same space at the same time.

To experience truth, we have to be empty of idea, of belief, of concept, of labels. We have to be empty of the idea of separation, difference, and division.

There is no real difference between what we label love, wealth, health; what we label the physical body or a material object. These definitions and labels are our way of getting along with each other in the material sense, but they are nothing of their own selves.

All is omnipresence. Omnipresence does not consist of different departments — a love department, a wealth department, a health department, a happiness department, and so on. No, God is one, omnipresence, infinity. It is simply our objective sense of omnipresence that testifies to our objective experience. Experience *seems* to consist of separate and different people, things, places, conditions, and amounts; of seeing, hearing, tasting, touching, and smelling.

But does God have five senses? Does God include the things of sense? No, God is one, infinite, omnipresent Awareness. The one *constitutes* the all (as the sun constitutes the infinity of sunbeams). Once we have *oneness,* we have *all.* Once we are conscious of Awareness Itself, and once we feel Awareness Itself living us, then all five senses and what they sense are fulfilled. However, if we attempt to fulfill the *things of* sense themselves we fail because God does not have these in and of themselves.

Attempting to get particular things, qualities, and amounts from God is like going to the ocean to take away some waves to surf on at our backyard weekend party. The idea of taking waves from the ocean is, of course, nonsense. The only way to experience waves is to go to the ocean which constitutes them.

Likewise, Awareness Itself constitutes all and infinite good. Awareness Itself is where we must go for our good, no matter what label human sense may have given it. We must be empty of the desire for things and conditions in themselves and open for Awareness Itself to present itself as it is. Then our objective world is seen fulfilled. The key is to be in the world but not of it — to be in objective sense but not of it.

We are in the body but we are not of it; we experience the body but we do not want anything for it of its own self. If something of the body seems to need healing, we have the experience of the discomfort or disease, but we cannot afford to be of it. We must be of Awareness Itself, devoid of everything we can label and define about the body. We must be of Awareness Itself — purely, exclusively, totally. Then we soon notice that our sense of the body heals, that health and vitality are restored.

Lean Not on Your Own Understanding; His Understanding Is Infinite

If ever we believe we know what we need from truth, only one thing is certain: we do not know. We are fooled into believing the decoy of disease, discord, or lack and tempted into seeking their opposites, and evidencing truth is counter-intuitive. If we believe our efforts in truth are right efforts, are logical humanly, materially, based on the picture presenting itself to us and on our understanding of what it needs, we are badly mistaken.

Truth only flows to and through our senses when we have abandoned all human logic (every appearing problem and its logical solution, every bit of human knowledge and reliance) for God itself, for Awareness Itself.

Truth inclusive of its image and likeness is Awareness Itself. Truth is only evident to sense as we are absent; as we are absent, we are able to experience Awareness Itself as itself as individual you and me.

Awareness Itself is life. No matter how we describe life, health, vitality, youthfulness, Awareness Itself is that. Forget the good and bad labels.

Awareness Itself is wealth, success, prosperity. To human sense, success requires "our" understanding and application — skillful and diligent human and material action and drive. Truth, on the other hand, is the finished kingdom in which nothing is created or achieved, but all already *is* and is revealed in experience. His understanding — his finished kingdom — unfolds like ten thousand flowers *as* the success and prosperity of our endeavor, whatever we may label it.

You and I never start and build a business. Whether it is to remain a simple Sunday lemonade stand or go on to become a major corporation, the business is eternally written in heaven before we feel the idea welling up within, make our preparations, and open its doors. Business is *revealed* as and through us. Our business ideas, like our names, are “written in heaven”, which means that we and our businesses are inherently and limitlessly successful and prosperous from the start.

Once we realize this truth, our business activity does not consist of exercising *our* understanding, *our* mental and material might, but rather consists of continually turning within to receive light on “the Father’s business.” Of course we are animated in the particular ways our business requires us to be, but the substance, intelligence, and activity behind our activity is God or Awareness Itself.

The secret of success in any endeavor, the “business behind the business,” is our continual conscious awareness of Awareness Itself; is our abiding in him and feeling him abiding in us, and letting ourselves be inspired and animated by the finished kingdom of infinity and omniscience within. We live for, serve for, *God,* not ourselves. Our purpose is prospered and fulfilled by silently and secretly living for and revealing *God’s* glory as our businesses (and our work and success in them), not revealing our own.

The great secret behind a business recognized as God’s has little to do with what the business seems to need, but has everything to do with our activity of awareness. Real business is not human customers or students purchasing material products or services in themselves; real business is being devoted to, and serving God as what *appears* to constitute everything of our daily business activity.

The time we devote to contemplation, meditation, and to the periods of silence in which we feel the presence and activity of God within are evidenced as the success and prosperity of every day. We then get up and bear witness to our animating or serving of that success and prosperity in what appears to be human and material ways. But these are merely moving *pictures* of the success and prosperity already brought forth through our Father's business, just as in the business of making a film, the work is finished and success is already achieved *before* the picture is witnessed on the screen.

Love

Awareness Itself is love, and the only true love experience is the love that is Awareness Itself. Love does not involve another; love is *oneness.* If we seek true love from a human being, we will be sorely disappointed. Human beings cannot give true love because only God is love. Human beings do not have love to give, and it is therefore unwise and unfair to expect it from them. God — Awareness Itself — is the one and only true love.

God does not need another in order to experience the fulfillment of love. There is no "other." Only God is. God is the infinite and the omnipresent one being. We must be of that oneness in order to experience true love, which then will present itself to us through what appears as human beings — through husband, wife, friend, customer and student. However, the moment we step out of pure oneness and hope for love from another, we fail. The presence and activity of Awareness Itself felt within *is the love* we then experience from so-called others.

This is so throughout every category of life. Whenever we step out of pure oneness (out of God) into belief, we fail to experience the great harmonies and joys of true identity. We must see that stepping out of Awareness Itself constitutes failure because Awareness Itself is the infinity of God, good. The moment we believe anything at all about person, thing, or place we can experience only good vs. bad, finiteness, limitation, disappointment, a deep inner ache for truth.

We have to always remember, though, that even in the quagmire of belief, God is forever right where we are, simply awaiting our recognition, our turning and yielding to God, our stillness, our receptivity. "I am with you always. . . . I will never leave you, nor forsake you. . . . I am closer to you than breathing, nearer than hands and feet." (Matthew 28:20; Hebrews 13:5; *The Higher Pantheism*)

This is the great and infinite, unconditional fruit of true identity. It is the crux of the entirety of pure truth, the Christ truth, the truth as spoken of and demonstrated by every one of the great prophets in every scripture of the world (particularly by the teachings of the Master Jesus the Christ in the four Gospels), by the Infinite Way, and by the Miracle Self. This is the secret. The "rest" — the demonstrations — are automatic and infallible.

If what you have read here truly registers with you, then you have the whole way of living and evidencing the infinity of truth and fulfillment of purpose throughout every category of life.

CHAPTER SEVEN

CASTING THE BREAD OF ONENESS

Label no person, thing, or condition good or bad. Everything we witness in the so-called outer is simply a picture or concept of our state of awareness. No picture or concept is an entity in itself. With this understanding we see that nothing of outer sense is an entity in itself.

If we label a person, thing, or condition as either good or bad we cast the bread of duality, and it returns to us multiplied. Casting the bread of *oneness* is recognizing that all is Awareness Itself or God Itself despite its "outer" appearance of either good or bad. As we make it our primary business to cast the bread of oneness, *it* returns to us multiplied.

Realize that nothing is good or bad except *belief makes it so* in the believer's experience.

Witnessing the outer pictures of life is like watching a movie. If we are engrossed in the movie, if we become at-

Regardless of what people or things appear to be good or bad in your experience today, they have no substance, no form, no law, no life. Only God is life, power, law, activity; only the light of God is entity. The light of God and its infinite universal formation is the one self-sustaining and self-maintaining presence. Nothing else exists; nothing can be labelled good or bad. All is God, Good itself.

Experience Exists. But What Is It?

We experience mind and body, people, things, activities, amounts, places. We *experience;* we cannot deny this and there is no need to. Experience *exists.* But *what is* experience? The answer holds the key to the infinity and freedom of being, to dominion over all the earth.

Experience is our objective *sense* of God or *I* (Awareness Itself). If our awareness remains seated and grounded in God itself within and without, and we place no belief on the pictures (forms) of awareness themselves, we experience truthfully. We see, hear, taste, touch, smell and have the true images and likenesses as our practical reality, the unconditioned forms of experience. These are God evidenced as form — the true person, thing, and condition, "earth as it is in heaven".

However, if we *believe* even one thing about anything of experience, every person, thing, and condition of our experience is "discolored" by the belief we hold onto. This is why we are told by the Master to "Judge not by the appearance, but judge righteous judgment". (John 7:24) Judge — discern — only by truth, *I,* itself. Know that God is infinity, therefore that God is all-of-all — whether we describe it as "inner" or "outer." Inner vs. outer exists only in belief, not in God. God is infinity and omnipresence; therefore all is of the nature and quality of infinity and omnipresence. "Judge righteous judgment."

The best we can do in understanding existence is to realize that all *is.* Existence (God) is infinite and because every name, definition, or description is finite, there is no God quality, character or trait we can define in worldly terms, nor do we need to. All we need to understand is that if something exists, it simply *is,* and that *is* is God, Awareness Itself. Awareness Itself is the only truth, the only life, the only nature, quality, and character of all that exists. It is the one law and power, and the form of that one law and power in our experience.

Omnipresence: The Inner Is the Outer

"The kingdom is inside you and it is outside you. . . . When you make the inner like the outer, and the outer like the inner . . . then you will enter the kingdom." (*Gospel of Thomas,* Sayings 3 and 22)

We enter the kingdom by entering the realization of omnipresence. Meditating on omnipresence to the point of practical, living awareness is one of the most quickly releasing and fruitful activities we can devote ourselves to. Omnipresence does not have an inner vs. an outer, an ethereal vs. a palpable, an invisible vs. a visible department. Omnipresence means what it says: All that God, truth, is and has is omni-existent. The *whole* of God exists at every point of infinity at the same time.

The belief in God being different from our practical lives — ethereal, invisible, intangible, unembodied, undemonstrated, unmanifested, formless — demonstrates ignorance of omnipresence. Not only are we ignorant of omnipresence if we believe difference and separation, but we live in a constant state of confusion. We sense an "outer" need for health or money or love or success or peace and we have learned enough to look Godward for our fulfillment. But how can we trust God to be our practical, visible fulfillment if God is ethereal and invisible? Ethereal, invisible good will not satisfy our practical needs. *God can only give us itself,* we are told. Then how will God be the practical fulfillment I need, and often need urgently?

The secret lies in understanding *sense.* All is omnipresence, all is oneness with no difference, no separation anywhere. At our current level of awareness we have an objective *sense* of existence — a corporeal sense of what is one hundred percent incorporeal. As long as we do not believe that what we sense is an entity in itself, our awareness is unconditioned and clear to sense truth. This is what St. Paul described as "let[ting] this mind be in you, that was also in Christ Jesus." (Philippians 2:5) The mind of the Master is the unconditioned awareness of Awareness Itself. It is the clear window of God perception that evidences the truth of the world — the truth of objective sense.

All is God no matter how we sense it. All is the one law of good, the one all-intelligent, all-knowing, all-wise presence and power, the oneness that is God itself or Awareness Itself sensed objectively.

We are looking out at that oneness. We are looking out at life, harmony, peace, joy, fulfillment — the finished kingdom of God as individual you and me. Whatever we experience of good or bad is universal belief unwittingly accepted by us as reality. Our neighbor takes on different aspects of belief and therefore experiences different degrees and categories of good and bad people and conditions. Each of us is an individual; each takes on different degrees and "colors" of belief which disguise that individual's sense of reality. But always remember: Belief is not a power, not an entity, not an actual condition or state.

Knowing this, we can put belief aside. We can drop and ignore it and lift right into Awareness Itself. We never work on or treat what appears to be (treating belief only increases the fogginess of sense). We lift our awareness into what *is* and in that way clear our senses in order for truth to become evident.

For instance, if we experience an unfriendly person, we do not deny him, but know his truth. We silently and secretly realize within, "Because you exist, you are the presence of God (Awareness Itself). Therefore, there is nothing good or bad about you in yourself. You are simply an *is,* a picture of being, in my awareness. You exist, therefore you *are."* In this lifted awareness, we realize the false picture being presented to us. Any unfriendliness we experience is not the person's but is a belief lodged in *our* awareness, and because of this we cannot see the person clearly.

In this lifted awareness, we rest in *I,* letting *I* reveal itself as the truth of this person. As long as we are sufficiently detached from the appearance and lifted into Awareness Itself, and as long as we wait patiently for the truth to become evident no matter how long it may take, we will see it. We see the truth of what appeared to be a human being with a problem.

Now, the trap is that we seek truth for only the appearing *bad* in people or situations and leave the good as it is. But you see, every person, thing, and situation is "bad" if it is not the image and likeness of God in our experience. Even a good, loving, generous *human* being is insufficient in itself. Even the best of humanity experiences good and bad and eventually grows old and dies, often experiencing disease and decrepitude along the way. *Both* the bad *and the good* of appearance in themselves are not truth, and it is our work to know this and seek the truth of all appearance.

All is the very presence of *I Am* itself (Awareness Itself). We must constantly consciously know this and in our stillness, openness and receptivity, *let* Awareness live and see *for* *us.* The spiritual reality of person, place, and thing then becomes seen. The spiritual, immortal being, place, or thing is objectively sensed in this world because we are at that level of awareness we call the world. As soon as we release a person or thing from the good or bad label of appearance and let God reveal what he, she, or it truly *is,* God is free in us to reveal its image and likeness as our objective sense. We see the perfectly healthy, beautiful, and abundant God-being, God-thing, and God-condition.

Casting the bread of oneness is the key. We have to be active every moment in casting that bread of oneness — consciously ignoring appearance and expressing truth. Being dissatisfied with what appears to be bad, yet satisfied with what appears to be good will not reveal our freedom, our health, our prosperity, our harmony. By definition, oneness (God) is not in that picture. Do you see that? We are the infinity of being, the cause of the pictures of life. We have to be consciously active as the presence of oneness on earth; we have to *be* the heaven of earth in order to witness earth as it is in heaven.

We have to be inner *and* outer oneness. Realizing and meditating on *inner* oneness alone will not do us or our experience of the world any good. We have to be what God is — omnipresent oneness, infinite oneness, inner and outer oneness. It is all a matter of our constant, conscious activity of truth awareness.

Label Nothing Good or Bad

Label no person, thing, place, amount or condition good or bad. Recognize all as the very presence of God or Awareness Itself. In the consciousness of Awareness Itself we cannot divide, cannot separate, cannot call one part good and another part bad. Awareness, which is infinity, cannot be named or defined; it simply *is.* When we are empty of name and definition and receptive to *is,* we quickly see and have infinity of all in our experience.

Consciously recognizing and expressing the realization of oneness throughout our experience, we are casting the bread of oneness and we will see that bread returning to us as multiplied health, wealth, love, success, and happiness. But we have to *be* and *cast* the bread of Good; otherwise none exists in our world for us to experience.

All day, silently express the remembrance—

I label nothing good or bad. Everything I see, hear, taste, touch, and smell is nothing but an is *in my experience. It exists, it* is, *but it is not an entity in itself. Only God is entity.*

Despite the way I sense the world, and despite what is believed about it, all is the very presence of God, Awareness Itself.

Regardless of what the appearance seems to be or what it suggests it can do to me or for me, all I care about is my constant, conscious awareness of truth. This activity of awareness reveals the infinity of good in my life and not only in "my" life but the life of each individual in my consciousness.

The metaphor of the cinema screen is a good reminder:

The pictures I see on the screen do not, in themselves, have any good or bad in them or about them. They, of their own selves, cannot "be good" or "be bad" in my experience because they do not have their own life, their own power, their own substance or form, character or choice. They are nothing in themselves — nothing more or less than images formed of light. They are innocent and impotent.

The world and everything it constitutes — all its people, its things, its places, and its activities — are nothing of their own selves. Absolutely everything we experience, in itself

— everything we name and define, everything we see, hear, taste, touch, smell, and think about — is a concept, an image, a sensory picture of the presence of God, which it actually is.

The concept is lifeless, powerless, substance-less. It does not have its own faculty. It cannot be "this" or "that"; it cannot *do* this or that to you or for you or against you. It is nothing of its own self, yet what it truly is is the presence, life, love, and activity of God. The concept and God are one, yet God is the only truth, the only life, the only law, and the only reality of every concept. Although I and the Father are one, I of my own self can do nothing.

The Father is greater than the concept, the visible form of I. It is the Father within me that is the life, the truth, the reality; it is the Father within me that does the works.

The Deep Within of Awareness

As we detach from and free every outer form, we can turn deep within our awareness to the true presence and power of life, of body, and of world. We continue to see and hear the outer concepts of people and their beliefs and conversation, of things, sounds, fragrances, amounts, and places, and we simply smile, realizing that this whole outer picture has no reality, no power, no life of itself, but that its truth is God. In this knowledge, we have discovered the greatest secret on earth and we can now rest and relax from all appearance in the love, light, and safety of the presence of God.

Our detaching from every outer form, our releasing every person and thing, and our disinterest in gaining any outer good in or for its own self are the keys to witnessing the infinite good filling our lives. Only when we have released the earth do the doors of heaven spring open and pour out the heavenly riches — "Whatsoever ye bind on earth shall be bound in heaven, and whatsoever ye loose on earth shall be loosed in heaven." (Matthew 18:18)

That which we release on earth is released in heaven; therefore our one business morning, noon, and night is to release our hold on earth, release our hold on people, things, places, and activities in themselves, let go of any and every hope, expectation, and dependence on outer activities, amounts, business, money, bank accounts, investments in themselves.

Our main purpose and activity of awareness is to "be about the Father's business" (Luke 2:49) as the Master was. That business involves releasing all belief in and sense of good and bad, releasing all attachment to person, thing, and condition, releasing all sense of need or desire for outer people and things — being naked in God.

Naked in God

The only way of experiencing God is to be free of beliefs and concepts — baggage-less, desire-less, naked of self. In our naked state we are a transparency of being "through" which God pours. It is through our nakedness, our nothingness — the absence of personal self — that God is visibly present.

I want to be naked in God. I do not want to carry a single fiber of baggage — not a single belief that any person or thing is real in itself, not a single belief in good or bad, not a single sense of need or desire.

Why would I want to take some form of good from the outer scene? That would be like desiring a good person, thing or amount from the movie screen. To believe I need to do so would be ludicrous when I know that all that constitutes the movie screen is mere im-

agery, and not reality.

Only God itself is real; only God itself is life, is love, is relationship, is supply, is peace, is safety, is protection. God itself is the one real, practical good. All "else" is nothing but outer imagery, outer sense, outer pictures.

God is I or Awareness Itself, which is within you. "The kingdom of God is within you." The moment we awaken to this truth, we realize—

I already am all that God is; I already have all that God has. The I of me is infinity itself and is omnipresent everywhere I am.

That which I seek, I already am and I already have; and because I know this and seek only an ever-greater awareness of it, my good multiplies and never stops multiplying.

It is in knowing, seeking, and living the truth that our experience of good multiplies.

"It is given unto you to know the mysteries of the kingdom of heaven. . . . For whosoever has, to him shall be given, and he shall have more abundance: but whosoever has not, from him shall be taken away even what he has." (Matthew 13:11-12) Seeking God for the experience of God itself is to *have;* but continuing to seek God for human, material benefit is to *have not.*

When we have sufficiently released ourselves from that which appears to be, God is no longer "imprisoned" in us. God is free in us to *be,* to *see,* to *experience;* now we experience the image and likeness of God, the infinity of good presenting itself to us as person, place, and thing.

"All That I Have Is Yours"

Label no thing as being good or bad. Want nothing that you can name or describe. Need nothing from the outer.

You are self-complete being: *I am, I have.* Never do we need, so the belief that we do keeps us right out of the kingdom of fulfillment, and we are delaying the evidence of the truth we are and have.

All day and night, sing the song of *I am, I already am; I have, I already have.* Never forget the Master's promise: "Son, you are ever with me, and all that I have is yours." (Luke 15:31) The very *I* of you is the *I* that God is. And because God is infinite, omnipresent, indivisible, inseparable, you are and have the entirety of God, good, as your very being, mind, body, and world and all it constitutes this instant.

I does not exist physically inside you; *I* is the inner and the outer, the entirety of your awareness. *I* is omnipresent at every point of your awareness at the same time.

Awareness Is Aware; Mind Forms

Release everything you have believed about mind. No human belief about mind and its purpose is true.

Mind is not awareness, mind is not power, and mind is not a reasoning faculty. *Mind is an avenue of awareness.* Awareness is aware; mind forms. The infinite variety of form that constitutes the universe is mind-form. We see, hear, taste, touch, and smell mind all day long, but mind has nothing to do with awareness. We are aware of the infinite forms of mind, but mind is not Awareness Itself; mind is an avenue *of* awareness.

God or Awareness Itself does not require a human or physical agency on earth. Can you imagine if God were dependent on a person or a material agency for truth to be true? Rather, it is the *absence* of human and physical belief that evidences God. Only spirit is; only the spiritual kingdom is; only the spiritual being is; only the spiritual body is; only spiritual Awareness is.

Hour by hour, drop everything of *you* and *your universe* and gently know that Awareness Itself (which is forever fully functional, fully present, fully aware as all) *is itself* what you are and what your universe is, and does not require a personal you or me to keep it aware.

Awareness Itself *is* the all-of-all of existence, and Awareness Itself exists as individual you, me, and all.

As you rest back and yield, giving your sense of self completely to Awareness Itself, you will experience the miracle of Awareness Itself living you and filling you with the beauty, bounty, boundlessness, and joy of true identity. Keep resting until you feel a "release" within, a freedom and completeness. Then simply behold the presence and activity of God taking place throughout your experience; without attachment, without desire, *let* yourself experience whatever the experience will be for you, which is always that of fulfillment.

(A period of silence)

As you feel the wondrous truth and freedom of being within, you know your fulfillment is complete for this moment. Now go about your world business quietly, with humility, radiating the light, truth and freedom you have newly received. Most importantly, silently and invisibly *cast your bread of oneness* — loaves and loaves and loaves of it. *Ceaselessly give* the realization of truth to every person, every place, every thing that comes into your consciousness.

You are not human; you are the very presence of God.
The I of you is infinity itself, and reveals the infinity of all things, endeavors, activities, and amounts that you are involved in.

The I of you is omnipresence itself and reveals the immediate presence of inner and outer fulfillment wherever you are and as *whatever you are doing.*

I Am the light of the world; I Am the way, the truth, and the life.

Continuously, consciously *know — give, express, be* — the light of truth to all in your world. The casting of your bread *is itself* your fulfillment of mind, body, and world revealed, and it either quickly or gradually becomes evident in your life. It is infallible principle in motion. Never doubt its efficacy.

The more bread you cast into your world, the more returns to you — and multiplied. Never again look "out there" and re-attach and re-label. Stay pure in Awareness Itself. Keep feeling the presence, feeling the freedom as you operate in the world. Stay as isolated as you can, not busying yourself with people, their beliefs and their gossip, or with material desires. Stay pure; stay as incorporeal as you can, as still and quiet as you can. Do not engage the world.

In this way, you keep the spirit of your awareness wrapped in "swaddling clothes," sheltered and protected from the lures of the world, giving Awareness Itself the space and the freedom within you to flow through and continuously reveal itself as the true people, things, and conditions of your experience.

Living as and by Awareness Itself guarantees that greater and greater good presents itself to you day by day. You never again need to go looking for good, make effort for good, wait and struggle for your good. Good is *I.* We live each day as and by good as we live each day as and by *I* within and without — free of beliefs, free of labels, free of any outer sense of need or desire or attachment.

Live with the awareness that you are the very presence of, the very center of, the entirety of God, good, itself; that God already is and that God evidences itself as and to itself.

Stay still, stay aware of the presence, stay protected, unattached, and simply behold the miracle of the inner being the outer and the outer being the inner — the miracle of God presenting itself to your sense in every way, in every form, in every activity, every opportunity, every true and beautiful person. All the good of earth comes to where you are as you are *being* and casting the very presence of Awareness Itself within and without.

This is the way of healing, health, vitality; the way of evidencing love, the way of evidencing successful, prosperous business, abundant money, beautiful home, friendly and giving neighbors, and peace wherever you are. "Where the spirit [the conscious awareness] of the Lord is, there is liberty" (2 Corinthians 3:17) — there is peace, freedom, harmony, wholeness and completeness, purpose fulfilled.

CHAPTER EIGHT

HEAVEN AS IT IS IN EARTH

The great miracles of truth are witnessed on earth as we *are* the consciousness of heaven as it is in earth. (Matthew 6:10, Lamsa) Where the presence (consciousness) of heaven is, there is life, love, harmony, abundance, peace, union, joy.

The oneness of God is sensed as an infinite variety of form. Whether the presence of God appears this hour as a loving person, a tranquil place, a successful business or charity, a sufficiency of money and opportunity, the healing of cancer, the multiplication of loaves and fishes, a new home, or safety and security, what it all actually is is the one presence of God sensed as individual and specific fulfillment.

Wherever the presence of oneness is, the forms of experience harmonize, heal, prosper, become whole and complete. They have no choice because they are the effect of the consciousness of oneness we are being. From the minute we consistently hold onto the consciousness of true oneness — released from earth, bathing in heaven; feeling, living by, relying on, and fully trusting the presence of God as being the one fulfillment of life — then form has to comply (as a mirror image has no choice but to reflect what is placed before it). The forms and activities of life are the mirror image of our individual state of consciousness. Where the presence of the Lord is, where earth is as it is in heaven, there earthly form is harmonious, abundant, loving, peaceful, fulfilled. Miracles become evident where our earth sense is infused with heaven's reality.

We must *be* and maintain the heavenly presence, realizing that earth is simply heaven objectively sensed. The heaven we are *being* is the heaven as earth that we witness.

We must *be* the earthly presence as it is in heaven — not as it is in earth in itself, but earth *as it is in heaven.* Earth *is* heaven.

We must be incorporeality within and without, and know that sense makes incorporeality *seem to be* corporeal without ever making it so in reality.

We must be able to have the corporeal sense as it is in incorporeality. Corporeality (earth) in itself is nothing but sense; what it actually is is incorporeality (heaven). So when we are being the presence of incorporeality within and without, the corporeal sense reveals the nature, character, boundlessness, and omnipresence of heaven.

We must be able to have the mortal sense as it is in immortality.

We must be able to experience any presence — a thing, a person, a condition — as these are in omnipresence, and then all the sensed things have the character, the nature, the infinity, the eternity of omnipresence.

We must be able to witness the pictures of finiteness, the objects of finiteness, as they are in infinity. The finiteness is unreal, is just sense, while what it actually is fully real, is infinity. Observe finiteness as it is in infinity; know that all is infinity. Ignore appearance in itself and know that no matter what the appearance is — good or bad, large or small, happy or unhappy — it is the very presence of infinity.

We must be able to observe, engage in, conduct ourselves within matter as it is in spirit. Matter is merely sense. As we realize this, we live within matter as it is in spirit. We are in the world but not of it; we are in the world as it is in heaven.

Has the miracle of truth deeply registered within you now? Do you understand that the evidencing of truth is the one activity of truth awareness?

As we keep our awareness in Awareness Itself for Awareness Itself alone so that we may experience it as it is and for what it is; and as we remain there, not re-attaching to the world in itself (still able to engage, conduct ourselves, run our businesses, function in our families, but not *attached* to these people and things in themselves), we are released from all that binds us and are immersed in God, in Awareness Itself, in freedom.

This is the one act of awareness that evidences earth as its multitudinous form is in heaven — the freedom of infinity, the infinity of being, the infinity of things and conditions, the unconditional harmony and fulfillment of all we witness, all we are engaged in, all we do.

I am Awareness Itself. All that I witness is Awareness Itself. Awareness Itself is *the life, the law, the power, the light, the substance, the form, the visibility.*

Awareness Itself Is the Visibility

Not one of us would disagree that Awareness Itself is fully visible *as* and *to itself.* This realization is the key to unlimited demonstration of the good, the infinity, the harmony, the peace, the love that God is as all that exists.

As we abide in Awareness Itself and live by Awareness Itself abiding in us, as we trust Awareness Itself alone, as we rely wholly on Awareness Itself as being the already-established good of all of life, it becomes visible and real as the all-of-all of experience.

Our experience of every category of life takes place entirely in here. No one else and no outer place or circumstance are involved. The fulfillment or demonstration of truth takes place entirely in here, from start to finish. When we know and stay faithful to this truth we witness the image and likeness as what we call our outer harmony.

But if we dare step into the outer as we are trying to demonstrate or evidence God, we fail by that very act. We have not yet quite understood that God is right here, therefore that the fulfillment, the whole way of evidencing God, the completed demonstration takes place in and as the *I* that *I am.* When our sense of *I* is fulfilled we infallibly witness its image and likeness as so-called outer fulfillment.

Give yourself the gift of a period of silence now.

Just rest, relax, and bathe in everything you have read, everything you have been given, letting it make itself evident in you, as you, through you, and “out” as your harmonious world.

(A period of silence)

Realize that Awareness Itself is the one reality of all that exists — is, is, *is* the one reality — no matter how we may sense it. If you find yourself struggling with a problem, realize that what it takes to evidence harmony where the disharmony seems to be is bringing Awareness Itself to the scene — being empty enough, meditating enough, being silent enough for hours or for days if need be until the false sense dissolves and harmony is clear.

I have shared how I had to sit for five days of meditation and silence in order to release the belief in Florida's hurricane Irma last year. The suggestion was very strong. The belief and fear were thick in everyone's consciousness. But when it was sufficiently free in me, the state watched as Irma had enough power taken out of her that the loss of life and property damage were a fraction of what had been predicted.

Meditation and silence are the way. It does not matter if you are struggling with disease, lack and limitation, aversion, with a threat of some kind to your family, your finances, your business. It does not matter what the pictures look like; they are merely pictures, nothing in themselves and have no power to harm you, affect you, hinder you, or kill you. However, this truth only becomes *tangibly* evident when we are living in and as and by Awareness Itself. It cannot remain merely intellectual knowledge. If we are faced with problems that do not readily yield (our own or those of others), the answer is to increase our "dose" of Awareness Itself. Sit and meditate with this or other truth books; or it is even more powerful to be your own activity of awareness.

Contemplate truth; contemplate the spiritual logic of truth; make your contemplation inarguable within you. Root out every argument that belief will throw at you suggesting truth is untrue (every fiber of it) until you are filled with the light of inarguable, spiritually-logical truth. Once you are free of argument and doubt, rest receptively in Awareness Itself, freely receiving and bearing witness to the presence of harmony and peace. Be patient, remaining there for as long as it takes for harmony to become tangible within.

Awareness Itself is the one reality. The evidence of harmony, of health, of abundance, of love, of safety, is infallible as long as we are being infallible Awareness Itself. If we become or we remain fallible (of belief), our experience will remain of belief. Wearing the dark glasses of belief, we have no guarantee that the discord presenting itself to us will harmonize.

The only way of witnessing the health and harmony of truth is to *be* what truth *is.* Sometimes, depending on the believed severity or urgency of the problem, it takes a number of hours or even days to empty ourselves and lift into a sufficient state of God awareness. Only when we are in sufficient God awareness is God "free in us" to flow through our senses, dispelling the fog of false imagery. We must be high enough in spiritual awareness in order to rest and simply listen and freely receive — not *tell,* not *think,* not *outline,* but be still and *listen, feel,* and *bear witness to* the presence and activity of God (fulfillment) within and without.

The Window of Heaven

Be the window of heaven and let the light of truth pour through you unblocked and uninterrupted. Bathe in the conscious presence of God for as long as it takes to light and warm the rooms of your house — as long as it takes to feel that full release and experience the fulfillment within you. At that point the "outer" fulfillment is infallible.

Never give up; it is never too late. Continue *being* Awareness Itself in a scientific way. Just as if you were building an airplane according to the principles of aerodynamics or solving a math problem, be scientific and principled about truth. Be infallible in truth; know beyond any doubt that Awareness Itself or God is the one reality and that that reality stands right where you are this instant in full manifestation and visibility *to its own consciousness.*

Just lift your awareness into God; that is all. Evidencing the boundless harmonies of truth is a matter of having our eyes opened to what *is,* not attempting to change what *is not* into what already and eternally *is* from the beginning.

This is the way. Since the healing experience at age thirty-six and having received and served thousands of healing requests during these subsequent years, I have lost only three cases. They are each a constant reminder to me to go deeper within, to be more infallible in truth. Other than those three, I have not experienced a single case that has not yielded, or eventually yielded, when I have given it sufficient effort and time in Awareness Itself — when I, Paul, am sufficiently absent, allowing God to be sufficiently present.

Healing is infallible in the "outer" experience when we know this truth and work at it scientifically, when we live scientifically, and as we constantly cast the bread of truth upon the waters of our lives. Then indeed, good infallibly comes back to us thirtyfold, sixtyfold, a hundredfold.

Our greatest commission from the Master is to love God with all our heart, all our soul, all our mind, and all our strength, and our neighbor as ourselves — as *I Am.* To truly live for the love and glory of God itself is the secret behind every miracle witnessed on earth.

As Hakim Sanai profoundly states in *The Shape of Water,*

> Unable to perceive the shape of you,
> I find you all around me.
> Your presence fills my eyes with your love.
> It humbles my heart,
> For you are everywhere.

Bringing Forth the Presence of God

86 MEDITATIONS

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I Am

(a meditation)

by
PAUL F. GORMAN

Author of
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The Giving Self
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Satisfied With God Alone
Bringing Forth The Presence of God
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I Am

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Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving behind false belief, ever greater degrees of heaven are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions are witnessed unconditioned, whole and harmonious, love and union of all emerging through the fog of false sense.

Indeed, "As in heaven so on earth" emerges as the one reality – the bondage of false material sense dispelled, the unconditioned experience of Man, Earth and Universe harmonious, peaceful and free, in love.

Paul F. Gorman

AUTHOR'S NOTE

There had been deep silence throughout the day prior to evening class Friday, December 22, 2017. As I arrived at the microphone and listened, nothing came through for a minute or two. Then we heard, "The Voice of God speaks directly to us."

For the next 58 minutes we were given a deeply loving, healing meditation—the *I am* speaking directly from within all, as the revealed light of all.

The meditation is reproduced here in its entirety, with only a few minor edits to assist the reading experience.

Know that the *I am* consciousness of the message is as present in these pages as it was in class that night. As you gently read it, be assured that each sentence is taking root in your awareness, glowing within, quickly to become wondrously evident as a greater visibility of the true and lasting good of your every experience.

PAUL F. GORMAN
December 26th, 2017

I Am

(a meditation)

The Voice of God speaks directly to us.

I am.

I am all there is.

I am you.

I am all in your universe.

I am your consciousness.

I am all that you are conscious *of*.

I am.

More than that, my child, your consciousness *is* that which *I am*.

I am conscious as Myself as you.

Rest silently and receptively with this for a few minutes. . . .

~

Never believe you have to achieve something by yourself.

Also never believe you have to achieve spiritual awareness.

I am your spiritual awareness, and *I am* that which you are spiritually aware *of*.

When *I* speak of you I speak of *I*—not a personal you, but *I* being you.

Do not believe you need seek me. When the word "seek" was chosen in scriptural translation it was a mis-translation. To seek means to *realize*, to *know* Me.

Do not seek Me; *I already am* you.

I already *am* all that *I am* as all that you are.

You already are all that *I am.*

There is no need to seek.

Whenever belief tries to tempt you to seek, immediately realize, *I already am* and *I already have.*

There is no need for you to seek that which you already are and have.

I already *am* and I already *have.*

All that *I* is and has you are and have because *I am you.*

~

Do not believe you have to transform your mind.

Again, any reference in scripture to transforming the mind is a mis-translation.

I am your mind, for there is none else except Me.

Your mind is *I*, and is full of Me; and because mind is every form in your universe — every person, thing, condition; every color, fragrance, sound; everything you hear, everything you touch or that touches you, everything you see; every activity, every amount, every place — all these mind forms are *I* simply objectively experienced.

Always remember, *I am mind;* therefore all the formation of mind — the infinite variety of formation that *is* your universe and all it constitutes — *is I* and all that *I am* and *have.*

Your mind does not need transformation. Simply *awaken.*

Simply awaken to the truth that *I am*.

This is it; this is your true identity. There is no other existence except *I am*.

You are that; you are *I*. Do not seek, and do not wish to transform your mind, your body or your world. Simply awaken, simply realize that *I am*.

~

Do not believe that your body is physical, is separate and different from *I*. It is not. Your body — all body — is *I*.

Your body does not need anything. Your body never can need something. Your body does not age, deteriorate, become sick or diseased, painful, decrepit and eventually die.

These false experiences are nothing but belief — horrible beliefs that have no foundation in truth whatsoever.

No belief is truth.

In awakened awareness, belief is unable to appear as false experience. Think about this. Belief, because it is nothing in itself, because it has no entity to it, cannot appear in your life as false experience.

Every belief is born, lives for a period of time, and then dies. This alone shows you that belief is unreal, a non-entity. Being a non-entity, belief is powerless in the awareness of your true identity.

I am; and the *I am* that *I am* is eternal; *I* am not born; *I* do not live a temporary lifespan of minutes, decades or even centuries; *I* do not die. *I* simply am. Belief is not.

Drop belief and turn to *I* — meaning, *realize* that the very I you are, your whole universe of I, your whole universe of individually conscious I is *I.*

Is, *is*, *is* — not will be, not in potential is, not eventually is, not conditionally is, but *is this in-*

stant, *eternally*, *invariably*.

You have been conditioned to believe you have to study, you have to lift awareness or lift consciousness in order to experience your truth.

These are useful baby steps; but now, *I* am speaking directly *as* you, to your awareness. You could not be reading this — you could not even be conscious of this — if you were not ready to experience it.

Hear me now. *I am* the Voice of your consciousness, the Voice of the one, visible, tangible truth of you and all in your universe.

You can drop every baby step and simply *realize*, *know*, *wake up to* the one reality that *I* am, that nothing except *I* exists.

I am your body, because all body is *I*.

I am life, and *I* am your I, your consciousness. Your consciousness is *I*, which is life itself.

Your consciousness does not "have" life. *I* have not "put life into" your consciousness. This is speaking in dual terms, in terms of separation and difference. None of these is true.

I am your consciousness. All that *I am* is your consciousness.

I cannot be found anywhere else. *I* literally am, *I* literally live, *I* literally have all that *I am* as your consciousness; and the consciousness that *I am* sees itself, has itself, experiences nothing except itself, and the fullness thereof.

The consciousness *I am*, which is the consciousness you are, is its own image and likeness as all that constitutes you and your universe.

Consciousness sees itself, consciousness feels itself, and consciousness experiences itself. As you see and feel and experience the body, realize *I am* the body; and that body is life itself.

The body, being consciousness, is the origin of, the purity of, the totality of, the eternity of life itself because *I am that.*

Rest in the body.

Never be concerned about the body; never take thought "for" the body. "Take no thought for [do not be concerned about] your life; nor for your body." Matthew 6:25; Luke 12:22

~

Rest, and freely receive this loving, illumined awareness—

All that I am and have is what you
and your body are and have.

Realize this one truth now, and you will discover that your consciousness literally *is, itself,* the forms and activities of your experience, including the forms and activities of your body.

As you rest in the body, freely receiving in awareness — therefore as experienced form and function — all that *I am*, all that *I have* as you and for you, all that I am freely giving you twenty-four hours a day, you will discover that the body is divine.

The body is spiritual. The body is Me and full of the goodness of Me which is life eternal, purpose eternal — life fulfilled, purpose fulfilled here and now.

Rest, Dear One, in the body.

~

Rest in the mind.

Open your senses to Me, that is all; and you will discover that I am right here with you always, being you always, fully evident as *I*, as you, as you rest and freely receive all that *I* am giving you, all that *I* am being as you each minute of the day and night.

Do not seek Me in thing, in condition, in place.

Do not look "out" and believe that any thing you are conscious of is different from Me, separate from Me; that it can behave in its own way; that it has its own character, its own nature; that it of its own self can be either good or bad in your experience. No.

I am all. I am your consciousness, and *I am* that which you are conscious *of.*

Do not believe a form, which is just a picture in consciousness, to be real. Realize that *I* am the only. *I am.*

If you give any other believed name to him, her or it; if you accept any other thing or condition or state that presents itself to you as being an entity in itself, you deny Me.

And yet, Dear One, *I am* every person, thing and condition, not only *as* you, but *for* you.

I am there as your 24-hour-a-day utter and unconditional fulfillment and joy of being.

Recognize *I*, and you have the freedom and fulfillment of *I.*

Rest in *I — beholding I —* and you have the infinity of all you are conscious of. You have the love, the life, the joy, the purpose, the freedom, the harmony, the oneness of all you are conscious of when you recognize and rely on *I —* nothing else but *I* — for *I am that.*

I am that which you observe. *I am* that which you see, you hear, you taste, you touch, you smell. *I am all; I am* every form, every condition, every amount, every activity. *I am.* And as you recognize nothing except *I am* as being all, and as you therefore *rest in I*, *rest as I*, realizing *I already am;* and then *behold I* everywhere present, you will see the miracle of *I* as all that you are.

You will see the miracle of eternal life, the miracle of unchanging youthfulness, the miracle of inner-outer vitality, the miracle of universal harmony and peace, the miracle of abundant supply everywhere-present and omniactive.

You will see the miracle of what appears to your senses as multiplying good, whether that good be loaves and fishes or any other form of food; whether it be of money, of business, of prosperity, of innovation filling your awareness, of genius pouring through as you and as your expression; of union, of peace, of oneness — literal oneness of all in your consciousness — *as you know that all is I, and as you live the rested state of being, beholding that which I am.*

Never make effort for good, never seek *I* in the belief that you do not have *I*, in the belief that your consciousness is not yet the fullness of *I* (none of this is true); never attempt to transform or change or fix, harmonize, prosper, heal any person or any thing; but *realize* that *I am.*

This is the key.

This is My greatest gift to you, the *realization of I am;* and then the gift of *resting in I, as I,* simply *beholding I* being the fulfillment of all that you are and all that you experience.

Be still now, and freely receive the fullness of Me for a few minutes. . . .

~

Never believe you lack any form of good, any activity of good. Never believe you lack money, lack success, lack prosperity, lack the spiritual awareness and wisdom to have plenty, to have wonderfully successful work or business or practice. No such lack is true of you.

I am you, and *I am* that which you experience.

I am that which you do.

I am that which you are involved in, every grain of that which you experience, you do, you are involved in is *I* Myself and the fullness of Me which is unconditional and unconditionally available as your every activity, as your every experience. Never believe anything different from this one truth.

I am.

The very hour you decide to do something, the very moment you start a project, the very day you start a business or a practice or a teaching, it is the fullness of *I*.

You do not have to achieve anything.

I already am, and I am you.

The fullness of Me is already all you are and all you do. The very impulse you feel within to do something, to start a project, to start a business, to walk into your business this morning, to conduct business, to make available wonderful products or services that benefit people — these activities and people are all *I* being all of your experience, all of the impulse you feel within, all of that urge within, all of fulfillment's expression within. Whatever all this looks like in your individual life, it is *I*.

Dear One, even the decision to get up from your chair and walk to the kitchen or into the living room or the garden; even the decision to make breakfast or lunch or dinner and the choice of ingredients for these; or to have a drink of water — all is *I* in you, and all that you experience is *I* as you.

Realize this truth. This is the *one* reality.

Have no other name except *I.*

Certainly, use other names in order to communicate with people, in order to operate in your world, to do your buying, your marketing, in order to conduct your business, in order to converse with friends, family, neighbors, colleagues and customers.

But always keep alive within you the one truth that all is *I* — finished, glorious, visible, full, indivisible, inseparable, ever-present.

Indeed, never seek *I.* Never look "out" and believe that what you experience, what you see, hear, taste, touch, smell is not *I.* Yes, it is *I.*

In your scriptures you read "I live and move" and have my being in God." But have you believed this statement is about you?

Ah, there is that devilish belief again. *I* live, *I* am; *I* live and move and have My being, as God, as you.

"Ye are gods." *I* live and move and have My being as you, and you live and move and have your being as and by Me.

You do not take a single breath except it be *I* breathing as you.

You do not have a single thought except it be *I* aware as you.

You do not move a single inch except it be *I* moving as you, which means you moving in experience; you experiencing an objective sense of Me as you.

Experiences moves; *I* never moves.

I am; and *I* am you. Yet, as experience, *I am* sensed as you moving, *I am* sensed as your thinking, *I am* sensed as your breathing, *I am* sensed as your doing; *I am* sensed as thing, condition, amount, activity, place.

Yet all is *I*, never moving, never changing. "I am" — you know this from your scriptures — "the same yesterday, today and forever." *I am* before time and beyond time; I am without beginning, without middle, without end.

I am simply *I;* however, in experience *I* moves, *I* thinks, *I* does; *I* has this, that and the other. Yet, when you know that all is *I*, you live the rested state of being for, My Friends, you are not required to do anything of your own selves.

You are not required to be responsible for your mind, your body, your love, your husband, your wife, your family, your world. You are not required to be responsible for money, for business success, for safety, for security, for harmony, for peace, for kindness, for happiness, for freedom.

No, no. *I am all;* and *I am already established* within and without.

I reveal the truth of all. *I do.* You do not, because you do not exist in and of your own self. You are *I.*

Never feel as if something burdensome is presenting itself to you. Never feel as if a demand is made upon you or upon your family, upon your finances, upon your business, upon your neighborhood, upon your freedom, upon your country or world.

No; *I am* all, and *I already am.*

I am the finished kingdom of good.

That which seems to be a burden or a challenge is the very fulfillment of *I* presenting itself to you as (and for) greater realization.

That which seems to be a sickness, a disease, an injury is your very eternal, perfect life, health and youthfulness presenting itself to you, pushing through in greater, more glorious and permanent measure.

Just know all to be *I*, and then suffering disappears. Hardship, struggle and pain disappear the moment you know that all is *I* and, therefore, *release* everything you have believed is separate and different from *I*.

Rest, empty and receptive, and freely receive the light of truth awareness for a few minutes.

~

Give freely to all in your world.

Do not be afraid to freely give, for *I* am all that you are and have.

I am food, *I* am clothes, *I* am money, *I* am resources; *I* am love, *I* am kindness, *I* am compassion, *I* am a helping hand.

I am God *awareness*. Therefore, all that you are aware of is the very presence of infinity.

If you are looking for infinity, look at all you have. There infinity is.

Look at your food, your clothes, your money and realize, here is *I;* therefore, here is infinity, *as these very forms.*

My Friends, do you realize now, that all form is the very presence of *I being sensed form?* And do you realize, therefore, that every form is the very presence of infinity as that specific form?

Infinity is not invisible, hidden, unavailable to your every moment. Infinity is not conditional. Infinity *is*, because *I* am the all and the only.

I am all, including all form.

In this realization, *freely give.* Ye are the god of your world; therefore *freely give as the god of your world.*

Do not look at your food resources, your financial resources, your business resources, your love resources, your ability resources, your helping hand resources, your time resources and believe you are restricted in any way.

You are never restricted. Restriction, hindrance, delay do not exist except in *belief.* No person, thing, condition or place, no clock or calendar, no amount or circumstance has the ability to restrict you because all is *I*, which is unconditional giving infinity, now and forever.

In *I-realization*, freely give; and realize that as you give you are giving *I to I*, not *I* to human, not *I* to Bob, Mary, Charles or Samantha, but *I to I.*

This is the secret of infinite supply.

All is *I*. Your entire world is *I;* and as you freely give of your infinity of *I* in all its ways and forms, in every way that serves the hour, or serves the day, or serves the condition, you will discover that that same giving, that same pouring out comes back to you from all your world because as you recognize all to be *I* or *I am*, and then act as *I*, freely *give as I*, you will discover that the *I* you recognize as being all in your world freely gives to you in the same measure you mete it — which is unconditional infinity of all in your universe, without your having to ask, without your having to make effort.

"Give, and it shall be given unto you; good measure, pressed down, shaken together, and running over shall men [and the world] give into your bosom, for with the same measure that ye mete withal it shall be measured to you again." Luke 6:38

Freely give in the awareness of *I* being all, and your world opens up as the gift of *I* in infinite ways, in infinite forms of good, of joy, of the multiplication of every form of good.

Freely give, and in this way freely behold — not freely receive, although to human sense it appears as receiving, but freely behold — the abundance of good that *I am* as all in your world.

Ye are gods, therefore *be* gods. Never, never hold in mind the idea that you need something, therefore the idea of getting, of gaining, of winning, of earning, of laboring for your good. No. Hold in your mind the one truth of being — that ye are a god; therefore *give*, *serve*, *share*, *pour out* as a god.

Keep a keen awareness of how to give.

How can I give this hour?

What more can I give this hour? — as *I to I*, as *I am to I am.*

Only in this way do we fulfill the two great commandments given us through the Voice of the Master. "Love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength; and love thy neighbor as thyself. There is no other commandment [conscious awareness; way of evidencing truth] greater than these."

Love the *I am* of you — *realize, live by and rely on* the *I am* of you being the very visible, real and practical presence of God, Good — with all your heart, and with all your soul, and with all your mind, and with all your strength; and love your neighbor as that same one *I am.*

Your "neighbor" is every person, every thing, every place, every amount, every condition throughout your consciousness. Love your neighbor as yourself. Recognize your neighbor, recognize all as *I am;* and then *be* the god you are to and for all. *Give, give, give.*

Think all day and night about how to *give* in greater and ceaseless ways, how to pour out the infinity that *I am* as you, to and as and for all the *I am* that is your world.

In this way and this way only, does all the *I am* of your world open up and pour itself out by the same measure *you are being it.*

The same measure you are pouring out flows back to you multiplied — indeed multiplied, as the Master revealed — some thirty fold, some sixty fold, some one hundred fold, some one thousand fold, some ten thousand fold — unto infinity — for *I* truly and already *am* all-of-all.

I truly *am* your I, your consciousness; and *I* truly *am* all that you are conscious *of.*

I am. Nothing but *I am;* and *I am you*

.

You are the greatest gift of *I.*

Freely give your gift of *I*, Dear One, and your whole world will open its petals and fill your life with the ever-present good that *I am.*

In this way you will see that *giving* is actually *revealing.*

"Give [reveal *by* giving, expressing] and it shall be given [revealed] unto you; good measure, pressed down, and shaken together, and running over, shall men give [reveal God, good] into your bosom. For with the same measure that ye mete [give, reveal] withal it shall be measured to you again." Luke 6:38

Realize that the *I am* of Me is with you, as the *I am* of you is with Me in oneness — in the joy, the wondrous celebration of God as individual being; of spirit and truth being evident as each person, thing and condition, as all in and of our world.

Let us every day celebrate as one God-universal presence, as the wonderful truth of God, unconditional and ever-present Good, *being* the literal life, purpose and glory of one, yet individual and collective, person; and in this way realize that "Where the spirit [consciousness] of the Lord is, there is liberty"; there is true good — visible, tangible and real as and for all in our world.

~

FOUR SHORT *I AM* MEDITATIONS TO CONTEMPLATE EACH DAY

Your consciousness is that which *I am.*

I am conscious as Myself as you.

Think deeply about what this means you *are*, what your mind *is*, your body *is*, your world *is*, and what everything these constitute *is*, *has* and is *doing.*

Then *rest* in the *is* of true identity — the *is* of the finished kingdom of *I am being you.*

Knowing this great truth, what more is required other than *resting receptively* in love and gratitude, *beholding that which is, being aware of that which is, and freely letting it animate you?*

~

Consciousness is what *I, God, am;* and *I am* one, infinite, omnipresent, indivisible, inseparable.

Therefore, do you see that the consciousness *I am* is the same one consciousness you are; and that, therefore, your consciousness is the only consciousness in your universe?

Your consciousness is what I am; your consciousness is the infinity, the omnipresence, the one indivisible, inseparable I that I am.

~

I — the entirety of the infinity and omnipresence that *I am* — am conscious as the individual expression of *I* named “you.”

~

The only consciousness in your universe is you; your consciousness is what *I am*.

Do not deny Me by believing there is "other" consciousness in your universe.

The consciousness with which you are conscious of me, Paul, is not you being conscious of me, but is consciousness conscious of itself as what appears to your sense to be me.

The consciousness with which you are conscious of thing, condition, place, amount and activity is not you being conscious of these, but is consciousness conscious of itself as what appears to your sense to be these.

I am infinity and omnipresence; and *I am* consciousness. Therefore, everything of your consciousness and everything you are conscious *of* is Me.

Rest in and as *I am;* and freely receive all that *I am* and *have* as all that you are and have.

Writings of
PAUL F. GORMAN

⚜

THE MIRACLE SELF

The miracle of life is not found in, or by seeking, the "outer" appearing forms of health, success, money, relationships, home, love or companionship, peace and harmony in the world. It is found as one awakens to Truth, Spirit, Consciousness, "I", God as being the One Reality, the One Infinity of Being, the One Truth of You and All.

THE GIVING SELF

You are the infinity of being Itself. God, Spirit, Truth fully embodied, manifest and demonstrated in and as your consciousness. As you know the truth of being, then ceaselessly and unconditionally give, serve and share of your substance and talent, you witness infinity being true and practical in ever more wondrous ways.

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I Am NOW

(A Meditation)

by
PAUL F. GORMAN

Author of
I Am (A Meditation)
One
The Miracle Self
The Giving Self
Healing of The Body
The Way of Awakening
Satisfied With God Alone
Bringing Forth The Presence of God
Anyone Can Demonstrate Infinity
The Impersonal Self
The Inner Sanctuary
The Seven Spiritual Steps To Solving Any Problem
Opening The Windows of Heaven
Only God Is
The Fully Manifest Presence
That Which You Seek

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Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving
belief behind, ever greater degrees of heaven
are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

Dear Reader,

Please, oh please, resist the temptation to explore and examine all at once the holy treasure box that you hold in your hand.

Each piece contained herein is a true jewel, a diamond of devotion and love. Sit with each meditation, touching it and feeling it with all of you.

This treasure is not leaving you; it is yours unto eternity. Take your time.

M.L., Editor

I Am NOW

(A Meditation)

I am.

Maybe *I am* is better understood as *I is.*

I is.

God *is.*

The kingdom *is.* The kingdom is finished, and *I am* is the kingdom.

The very *I* of you, the very consciousness of you, therefore everything you are conscious *of,* is *I*, which is the kingdom of *is* — not the kingdom still under construction, still being created, to "be" finished at some point of future spiritual awareness or attainment. No!

I am.

I is.

Truly rest, truly relax in *I* – knowing that *I*, your very *I*, is the finished kingdom of *I* as individual and unique you.

Rest . . . relax . . . freely receive (freely experience your awareness being filled with) the light of I, the light which is all-inclusive good; the light that *is itself* the visible, tangible forms of itself; the real, practical forms and activities of your fulfillment, tangibly present here and now in your practical experience.

(A few minutes silence.)

~

I am.

I is.

(A few minutes silence.)

~

I am.

I is.

I am, *I is*, is the nature of God; *I am*, *I is*, is *nowness* which is the presence of God.

And because God is all, within and without, the fullness and visibility of God exists, and is tangible and visible to sense, only *now.*

Time does not exist in God; *space* does not exist in God; *cause* does not exist in God; *effect* does not exist in God.

There is no actual “image and likeness” — no actual mirror image or reflection — in God or in the God experience, even though, to sense, there *appears* to be.

God *is.*

I is.

Every parable, analogy and metaphor about God and the God experience in the Miracle Self has its place in helping us understand what God is and how God is experienced; but it is now time to lift from and leave behind all “we know” and all we have relied upon, to *behold* the very *I* experience itself.

The *I* experience *is,* and can only be experienced *now.*

God does not have a yesterday or a tomorrow; God does not have a yester-hour or an hour hence. God *is;* and *is* exists only *now.*

I am “the same yesterday, today and forever.
Hebrews 13:8

All that *is* exists only *now.*

You can look into your room and realize that it *exists;* that its ceiling, walls, floor, doors and windows *exist;* that its furniture, paintings, ornaments, colors, fragrances *exist.*

You can look through the windows and realize your garden, grass, trees, flowers, colors, fragrances, sounds and activities *exist.*

When do they exist? *Now* — only *now*, at and as the very moment of you being *aware* of them.

Awareness cannot be yesterday or tomorrow, one minute ago or one minute hence. Awareness is *now.*

You cannot say that a person or thing exists in your awareness yesterday or last year. They exist only at and as the instant of your recognizing their existence — the instant of awareness — which is this very instant of *now.*

Only *memory* suggests that they “also” existed one hour ago or yesterday or yesteryear; and only *imagination* suggests that they "will" exist in one hour's time, or tomorrow, or one year′s time.

That which are called *memory* and *imagination* are beliefs, not reality. *Only God is;* therefore only God is reality.

God does not have memory or imagination because neither memory, which is of a "past," nor imagination, which is of a "future," are aspects of *is;* therefore they are not aspects of God; and if not of God then not of reality.

The only existence is God, and God *is*, *now.*

In seeking the true identity, in seeking the God experience — which means in *realizing*, in *awakening to* true identity, the God experience — we succeed only *now*, *this instant.*

If we attempt to seek the truth of person, thing or condition for this afternoon or for the end of the month or year, by which time, we believe, we will really need it, we can have only one experience — failure.

Consciousness is its own evidence. If we are being the consciousness of "future good," we will eternally be that very future time away from our evident good.

If we believe our healing or supply or love or harmony or success or freedom can come about, or even if we believe it *will*, but hasn't *yet*, we will forever remain that believed time away from having it in tangible, visible experience.

God is now; therefore the evidence of God, good, can only be experienced *now* — never, never at some future time, not even in one minute's time.

The nature of God is fulfillment; and that fulfillment exists, and is *witnessed* as existing, only *now.*

God is fulfillment. The only way to tangibly *experience* the fulfillment of God is to let God be

— behold God being — individual experience in and as and through the nothingness of self.

Behold God *itself* being its own fulfillment as individual being. This is the secret. There is no other way because there is no other God. When we attune *our awareness* to that which God is, which is Awareness Itself, we quickly discover our capacity is and has all that God is and has. "Son, all that I have is yours." We *have* life itself, *have* love itself, *have* wealth itself, *have* harmony itself, *have* peace itself.

To *have* is the experience of *now.* We cannot *have* yesterday or last year. That would mean *used to* have. To have is to have *now.* Equally we cannot *have* tomorrow or next year. We can only *have* now.

In God consciousness a higher understanding is revealed. God is timeless, spaceless, cause-less and effect-less. There is no experience except that of Now. All that God is and has exists and is experienceable only now.

If we attempt to understand and reinstate a God of yester-year, we fail because God *is* and is experienceable only *Now.*

If we attempt to evidence God (Good) in one hour, or at the end of the month, or this year, we fail because God *is* and is experienceable only *Now.*

~

God is the infinite and omnipresent form and activity of itself. It is that one fulfillment, that one presence, that one form and that one activity that constitutes our universe.

God is the finished kingdom of good, of the utter completeness of itself, the omnipresence of itself, the infinity of itself, the eternity of itself, the utter fulfillment of itself, no matter how it appears to objective sense.

God may appear to our sense as a person, a voice, a rose, a village, a field, a sky, the wind, a condition, an amount, an activity; our home, our business. No matter how we sense God, how we describe or define the people, things and conditions that constitute our experience, the *truth* is — the *only* truth is — that *God is it;* and that God is the omnipresence of itself, the fulfillment of all that God is and has, as all, without exception or condition.

God *is* the wholeness of *itself.*

God *is* the fulfillment of *itself.*

Therefore, person is forever the perfect person in God (described in scripture as the "child of God" or "Son of God").

The body is forever the perfect body in God.

The mind is forever the perfect mind in God.

The five senses are forever the perfect five senses in God.

The city is forever the perfect city in God.

The thing, condition, amount, place and activity are forever the perfection of these, the fully visible and palpable fulfillment of these, in and as God.

This is the nature of God.

When does this perfection exist? When is this perfection *experienced? Now! Only* in and as this instant of now is God experienced.

God is now; therefore all that exists is *of* God, which is that of *now.*

(A few minutes silence.)

~

I am now.

I have now.

Only in and as this instant of now is it true *and evident* in practical experience that *I am* and *I have.*

(A few minutes silence.)

~

I am life, this instant — not in an instant, not in a minute, not gradually will I have more and more evident life as the hours roll by, as the days or the weeks roll by. No!

If we believe in and seek God for future fulfillment, we are guaranteed to never have it.

This instant I am and I have health — only *this instant.*

This instant I am and I have love — only *this instant.*

This instant I am and I have wealth, prosperity, success – only *this instant.*

This instant I am and I have harmony, peace, joy.

This instant I am free.

This instant my entire universe is free; my entire universe is that of fulfillment, is that of God.

Is there anything in mind, body or universe; thing, condition, amount, activity or place that can hinder *this instant* of evident God fulfillment? No, because nothing except God exists.

God is fully evident fulfillment "inside you and outside you." There is nothing separate from or outside of you that can hinder or destroy. There is no power of bad acting upon you, either within or without. *Only God, Good, is.*

We, ourselves, hinder the experience of fulfillment by *our believing* that fulfillment "becomes" so, that we gradually "awaken to" God, fulfillment; or by not understanding the *nature* of God, the infinitude and omnipresence of Good; or by believing we are separate and different from God, students or human beings, that we are not gods, or not *yet* gods (spiritual beings living in the spiritual universe).

The only being in existence, the only being in eternity, is god-being — existence being that which it itself is, eternity being that which it itself is — because there is no other type of being.

How could there be an other, different type of being when the only being, the only life, the only existence, the only form, the only mind, the only body is God?

Realize, *I am* and *I have* all that life itself is and has *this instant* – only *this instant.*

(Silence for a few minutes.)

~

If God Is. . . .

If God is your mind this instant, what state of mind do you have? What state of awareness do you have?

If God is "both" your sense and that which is sensed this instant, what do you see, hear, taste, touch, smell?

If God is the one body this instant, what is the state of your body? What is the condition of your body? This instant?

If God is your world this instant, what is the state of your world?

If God is thing, condition, place, amount, activity this instant, what is the state of these in experience?

(A few minutes silence.)

~

I am, I have — this instant.

I am infinite, omnipresent, all-of-all.

If anything exists, it is *I am* and *I have — now*

Hear it deeply, My Friends: if anything exists, it is *I am, I have — now.* It is *I;* it is God, and the fullness thereof.

"The earth is the Lord's, and the fullness thereof. . . . The earth is full of the goodness of the Lord." Psalms 24:1; 33:5

Yes, if anything exists, whether *we, in belief,* deem it to be good or bad, it is actually, and only, and fully-present God — which is *I am, I have, this instant being* the very existence you are aware of as person, thing, condition, activity or place.

I am fulfillment *now, I have* fulfillment *now* — because I is God, and God is forever visible and tangible as itself, to itself, for itself; therefore is visibly and tangibly all that it is and has as individual being this and every instant of *now.*

Look out into your world and hear it singing the joy of *I am* and *I have* the fullness of God *as the very I* I am — *now.*

(A few moments of silence.)

~

I, to your experience this moment, may be a thought, a person, a family, a friend, a student, a flower, a color, a fragrance, a dollar, a business, an activity, a purpose.

Hear *Me* singing the joy of *I am* and *I have* all that God is and has as your senses and objects of sense — *now.*

Why am *I* being all the glory *I am* as and throughout your experience, this very instant? Because *I am* you, and *I* am fulfillment. *I am* your fulfillment of being this and every instant.

Hear all the people of earth singing the joy and glory of God: *I am* and *I have* all that God is and has as the individual "me" you experience — *for* your fulfillment, this and every instant of now.

(A few minutes silence.)

~

Look out into your world and realize — hear — every thing, every place, every condition, every amount singing the glory of God as and throughout your experience: *I am and I have all that God is and has Now . . . as the very I I am* as every person, thing and condition that *I* appear to you to be.

It does not matter what God looks like to sense, whether we may describe it as a person, a body, a thing, a condition, an amount, a place, a color, a fragrance, a sound. *All* is God; therefore *all is the fulfillment of God as that very appearing he, she or it.*

I am that which I observe.

Sense and the object of sense are one — not separate, not different, but one and the same *I*, same presence, same form, same experience.

"I and the Father are one." I and the universe are one. "I am that I am."

I and person are one. There is only one *I*, only one being; therefore all the people I experience are the one *I I am*, being experienced.

There is only one form, one presence; every thing, every condition, every place, every amount, every activity I experience is the one *I* being experienced.

Now, here is the Golden Key.

Because the nature of *I* is fulfillment — because the nature of *I* is giving of itself, sharing of itself, expressing itself — I myself, in individual experience, have to *be that giving self* in order to *witness* the infinity, harmony and fulfillment of all *in my experience.*

Because my true identity is a god (spiritual being), I must consciously be, have and express the same nature that God is, has and expresses; otherwise I cannot witness it.

Only by *being* a god do I *witness* God as the fulfillment of all things.

Only God exists, and only God expressing (existing) as individual god being exists; therefore only God as individual god being has and sees God form.

Nothing "else" is real (is God). Therefore I can only tangibly have and visibly see God (good) *as a god is*, not as I "humanly, physically or materially" believe myself to be and desire my world to be.

I am — *I is* — the *I* of every person, thing and condition in my universe. There is no separate I; there is no prodigal I, thing or condition. *I am the only I I experience in my universe; you are the only I you experience in your universe.*

And because the nature of God is fulfillment (the fulfillment of God as God is) — because the nature of God is giving, serving, sharing, expressing, pouring itself out, revealing itself as it is as and for all — *I have to be that same expressing nature* in order to fulfill my life, my love, my purpose, my joy, my success, my abundance as tangible, visible form.

"All that I have is yours" — all that *I* have, not all that the world in itself has, not all that a degree of spiritual awareness has or "potentially" has, but all that *I am and have* ***is,*** this instant, yours. However, it is yours only as you are being your true identity (a god), and *only* in and as *this instant of Now.*

I am ***is*** *Is,* and is visible and tangible to sense only *as it is*, which is as (and in) this instant of Now.

Live *as* and *in* and *for* this constant instant of *Now*.

Live as *I am* realization.

Then you are being that which *I am* — at one with *I am* — and you *have* the infinity, omnipresence and eternity of Me constantly springing forth within and at hand forevermore. And you are free.

"Ye are gods." Psalm 82:6; John 10:34

All of existence, including all form, is God — the *I am* which is infinity, is omnipresence, is eternity, is individually you and yours.

A god — one in and as God consciousness — does not believe in or seek anything of the world in itself. Never, never, never does it seek that which appears to be. It realizes that all of existence is embodied within its own self — its god self — and it therefore wants nothing but to seek every which way to give, to share, to serve, to bless, to express, to pour out.

Like the sun, a god ceaselessly *gives* of all it is and has, knowing that *giving* is the only way (in reality) to *receive* — to have — all that God, good, is as the objective forms of experience.

My Friends, you, your mind, your body, your world and all these constitute are already true, and tangibly so, bound not by person, time or thing. But truth is only *visibly experienced* as we leave things of their own selves entirely alone and live as and in and by God alone. In other words, only God sees God; only God consciousness sees God form.

In God consciousness God alone is beheld as the infinite variety of good form and function that constitutes individual *experience.*

All that exists *is I — I am, I have — this instant.* Nothing changes this reality; nothing can separate you from this reality. But the only way of palpably *experiencing* reality — infinity — is by *giving* it.

If a Thing Exists in Our Awareness It Is Ours To Give, Not To Get

Every individual is a god. The nature of God is to give, not to get. Does the whole world not seek God in order to have what God is and has? In this way, we must be a god to our world. We must be that which *God is* to all in our world.

Therefore, if there is *spiritual awareness* in the world, it is ours to *give*, not to get.

If there is *spiritual awakening* in the world, it is ours to *give*, not to get.

If there is *light* in the world, it is ours to *give*, not to get. "I am the light of the world."
John 8:12; 9:5

If there is *life* in the world, it is ours to *give*, not to get.

If there are *spiritual things* in the world, they are ours to *give*, not to get.

If there is *supply* or *resource* in the world, these are ours to *give*, not to get.

If there is *success* in the world, it is ours to *give*, not to get.

If there is *money*, *wealth*, *prosperity*, *investment* in the world these are ours to *give*, not to get.

If there are *spiritual conditions*, *places*, *environments;* if there are *safety and security;* if there are *happiness and joy;* if there is *freedom* in the world, these are ours to *give*, not to get.

We are gods. God has just one nature, one expression, one purpose, one way of being; therefore we must too. That is to *give;* to *give all we are and all we have* ceaselessly, unconditionally *to* and *as* and *for* the truth of all in individual experience to be freely revealed.

How do we *have* all that God is and has in real and practical terms? How do we begin to ceaselessly give even if, to sense, we have little or nothing available at this moment?

We are gods. All the infinity and omnipresence that *I am and have* ***is*** yours this instant because "I and the Father are one."

We do not *gradually* accumulate the riches of heaven; we do not "reach" the point of being able to give, being able to express, being able to be a god in practical, real, visible terms. We *are* and we *have* all the riches of heaven as practical earthly form this instant.

"All that I have **is** yours," this instant. Earth **is** "as it is in heaven" this instant.

Realize God as Individual Being

Realize, and stand strong and faithful in, the reality that *only God is;* and moment by moment exercise the discipline of *giving and serving the allness of God* — God *as* God *to* God *for* the purpose of revealing the glory of God — until you can drop the discipline for the simple joy of beholding ever-present, illimitable fulfillment as the act of giving, which is the act of *revealing*

God as all.

Then watch the miracle of your infinity, watch the miracle of your freedom, watch the miracle of your instantaneity of good, your instantaneous fulfillment of all experience.

I and experience are one, this instant. I and experience are, and are full of the goodness of, God — visibly, tangibly this and every instant of Now.

The Great Secret that unlocks the God experience on earth is *to know and to be the god you are, to express the infinity of God you have, this and every instant of Now.*

Now is the instant of God realization.

Now is the instant of health.

Now is the instant of wealth.

Now is the instant of love.

Now is the instant of harmony.

Now is the instant of peace.

Now is the instant of giving *being* receiving.

Now is the instant of being all that true identity is and has.

Now is the instant of witnessed God.

Now is the instant of purpose fulfilled.

Now is the instant of freedom.

Now is the instant of "earth as it is in heaven" — all things revealed as infinite, omnipresent and unconditionally yours and all persons'.

The Inner Sanctuary

by
PAUL F. GORMAN

Author of

One
The Miracle Self
The Giving Self
Spiritual Healing of The Mind and Body
The Way of Awakening
Satisfied With God Alone
The Impersonal Self
The Seven Spiritual Steps To Solving Any Problem
Opening The Windows of Heaven
Only God Is
The Fully Manifest Presence
That Which You Seek

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Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving
behind false belief, ever greater degrees of heaven
are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

The Inner Sanctuary

Resting in the Presence of Spirit Within

"The kingdom of God [good; spirit and truth; the one visible and tangible reality] is within you."

The entirety of creation — the infinity of all good (good without opposite) — is embodied in and is fully existent, manifested, demonstrated and alive as what you name your being, body, universe and everything in it.

You are not the "you" you appear to be; I am not the "me" I appear to be. All persons, things and conditions are the very presence of God because God is the one existence. "There is one God, and there is none other [nothing else of existence] but he." (Mark 12:32) "There is but one God and Father of all, who is above all, and through all, and in all." (Ephesians 4:6)

You are the "child" of God; you are the embodiment, presence and expression of all that true life is.

Nothing exists but God existence, the one God creation or formation; and because God is spirit and truth (John 4:24), which is infinite and omnipresent, God is all-in-all and all-of-all. "I am the Lord [spirit and truth; the invariable and unconditional good of all of existence], and besides me [oneness] there is none else."

All is God. Without starting our every day — our every hour! — with a living awareness of *all* being God, we will never see and have God (true and reliable good) in our lives. Every hour, let us remind ourselves that "All things were made by him, and without him was not anything made that was made"; and that "God saw everything that he had made, and, behold, it was very good." (Gen 1:31)

The infinity and omnipresence of truth exists fully complete, manifested, demonstrated and visible within you and without you. There is no such thing as "incomplete" God, "unmanifested" God, "undemonstrated" God or "invisible" God; nor is there any truth to an "inner" versus an "outer."

The kingdom of God is one, perfectly finished in every way; the unconditional and invariable good (truth) of existence. Every form of good is already present and visible where we each are and is freely available to our immediate apprehension.

That which *already is* does not require time or process to be apprehensible. Rather, we only need to turn to it itself for its all-good to be visible and real to us.

Our only requirement in truth is to *see truthfully*. We must transform our sense from material to spiritual, to stop misidentifying the spiritual by believing it to be material. As quickly as we do, we see and have the good of all in our lives. We see and have healthy, prosperous and harmonious person, body, thing and condition as our one tangible reality. Truth emerges in and throughout sense as the clouds of false understanding dissolve.

One Mind, One Power, One Presence

Because nothing but God exists, there is no "other" power, mind, condition or circumstance that can deplete God, divide or separate God, make God incomplete or in any way less than God is. Nothing can disturb or interfere with the presence, form and activity of God; nothing can cloud good from our sight; nothing of fulfilled life can be absent, ill, limited, disharmonious, invisible or impractical.

Only God is; only God-mind is; therefore your mind (and mine) being, in truth, the one infinite and omnipresent God-mind, *is* and *sees* all that God is and sees, and none other.

The Kingdom of Good

It is time to discover, to become consciously aware of, and to consciously live in (and to not keep wandering out of) the kingdom of God, the kingdom of good, the kingdom of spirit and truth, the kingdom of reality.

It is time to live the infinity, harmony and freedom of the inner life where all good exists, where all good is visible and real to sense.

I am not speaking of a physical inner but of the inner consciousness. When we read the word *within* ("The kingdom of God is within you") it refers to the within of consciousness — the purity of consciousness.

Seeking and finding the kingdom within is the act of bringing our awareness into the center of consciousness itself. It is turning our attention to pure consciousness; withdrawing awareness from that which appears to be — the "outer" pictures or forms of persons, things and conditions — and becoming attentive to the inner kingdom. "The kingdom of God [pure and manifest consciousness] is within you."

This is the Inner Sanctuary. This is where we consciously stay; this is where we "live and move and have our being"; and this is the place from which we *live out* into and as our world.

All spiritual awareness, all true experience, the visibility of all true good and all true "image and likeness" (being, form, world) emanate from this place.

All true sense flows or radiates from this place within revealing "earth as it is in heaven." Consciously living within — thereby experiencing the ever-present glory, boundlessness and freedom of form without — we are not tempted to step back "outside" into "human" sense in order to again become involved with matter in itself, with structure, with that which seems to be, with images, with the apparent nature of being and form. Staying right here within, we live entirely in and out from our withinness because only in here and only *out from* here is the kingdom of good visible, real and practical.

It is time to come here, within, and start experiencing your truth and the truth of every person and thing in your world. It is time for you to release everything of the so-called outer — every name, every idea, every seeming reality — in the realization that every name, idea and "reality" is simply a misinterpretation of reality itself, which is God.

God itself is infinitely more than a name, an idea. God itself is entirely unnameable, unknowable, the reality of existence which "we" do not need to name or to know because God itself is the one name and knowledge which *it*-

self is all.

God *is*, and is our already finished all-of-all existence.

Just as we do not need to name or understand sunshine in order to freely have and benefit by it, or to name or understand gravity in order to freely have and benefit by it, so we do not need to name or understand God in order to have and benefit by the health, harmony, abundance and freedom of good.

God *is;* God is its own name and its own knowledge, and is forever present, functional and visible as perfect form and fulfillment of person, body, thing and condition as quickly as we lift up into a conscious state of *God-is.*

Come here, home, to where I (good) am, to the Inner Sanctuary, and rest for a few minutes with Me.

Simply rest. . . .

Do not think of that which seems to be; do not think about that which seems to be a problem and try to know "truth" about it.

You do not have to know. I *know for you, and* I Am *for you, for* I *am you.*

You do not need to bring truth here. Truth is already here.

There is now no need for you to know or rehearse any truth. In *here*, in the Inner Sanctuary, all truth *is*, and is freely and immediately available to your sense, freely given to you, freely visible to you.

Do not mentalize in any way; do not attempt to know anything about God or good at all. Do not attempt to "bring forth" your healing or harmony; there is no need to make any such effort.

Your health, your harmony, your prosperity, your fulfillment of every category of life is already where you are, already formed and visible, and quickly presents itself to you as you stay *here* in the Inner Sanctuary resting, open, receptive to the presence, the *feeling* of spirit.

Simply rest and freely receive. In your stillness and openness allow your sense to be filled with the light of heaven in which all good is visible.

Be still with this for a few minutes. . . .

In your rest and relaxation, in your complete letting go and openness of being, you are becoming a nothingness of personal self — a vacuum of self — in which God becomes visible to sense.

I, God itself, the true life and presence of you itself, now fills your sense with its light — the light of spirit, freedom and truth.

Simply *bathe* in it . . . *feel* it . . . *let* it.

Continue resting, relaxing, letting go of all personal sense, and freely receive. . . .

As you bathe in the light of truth, as you feel the presence filling your sense, as you feel the gentle warmth, as you feel the release of the light of truth permeating you, you are being lifted right out of structural, limiting belief.

You are being lifted right out of the laws of matter, the laws of *materia medica*, the good versus bad of the physical body and the material world, into the heavenly consciousness in which only good is *here and now*, only wholeness and completeness are *here and now*, only boundlessness is *here and now*, only harmony and peace are *here and now*, only eternity is *here and now*.

Take No Thought

We do not take thought to achieve this lifted state of awareness. Mentalizing does not achieve it. We do not bring to bear the knowledge of truth to achieve this lift. Nothing of our knowledge or ability achieves it.

Only *spirit itself is*, and only spirit itself fills our sense with its sense, permeates our awareness with its awareness, lifts us out of structural sense, out of the pairs of opposites world (out of belief) into the real world. Only spirit itself sees itself as us, through us, for us.

Make no mistake, this world is God-world (earth as it is in heaven), the one and already finished, manifested, demonstrated, visible, truthful world. "The place whereon you stand is holy ground."

This world is full of good (God) alone, devoid of belief. This world is spirit not matter — the one real world in which pairs of opposites do not exist, therefore are not battled, and never need be ("Resist not . . . put down your sword"); the one real world in which labor and struggle are unknown, in which good without effort is instantaneously available to every person; the one real world filled with the light-form of spiritual awareness being and seeing its image and likeness, its own formation — spiritual being, mind, body, thing and condition.

Continue resting, letting, beholding the presence of spirit lifting you gently yet palpably out of belief into freedom. . . .

As you sit *here* in the silence and deep peace of the Inner Sanctuary, one with infinity; and as you remain still, empty, a nothingness, receptive to spirit, feeling the presence of spirit flooding you, you are experiencing the healing of everything that appears ill, discordant, limited or dissatisfying in your life.

You are beginning to feel so filled with spirit, light and peace that as you get up, you find the rest of your day permeated with this message and the fruits of its simple practice, and will witness such health, harmony, prosperity and peace in your bodies, in your worlds, in your businesses, in your families and among your friends that you will be astonished at how real, practical and quick truth is.

Indeed, truth is quickly evident to truth sense because truth already *is.*

You are experiencing the dissolving of fear, of age-old belief, of unyielding discordant ideas now melting in the presence of spirit flowing within you.

You are filled with such love that it cannot help but be quickly evident in your relationships, everywhere present in your world.

You are being so lifted in spirit that you are now filled with a new discernment, a new wisdom, a new awareness of self and world.

You are losing worldly desire, interest, even addiction, and are being freed in spirit.

You are becoming aware of a spiritual reality and freedom such as you have never before known.

You are experiencing the releasing and dissolving of all burden, sickness, financial struggle, relationship struggle, fear, pain and suffering as the love and the warmth of spirit flood every part of you.

You have never felt such safety and protection from all that world belief suffers and by which it feels threatened.

As you rest in the Inner Sanctuary as a vacuum of self (a nothingness of personal sense) *feeling* the presence of peace, of light and of love within, all in your universe *is now* tangibly and visibly God governed.

As you rest *here* in the Inner Sanctuary feeling God, feeling filled with the light and the love and the peace that is God, you never again need take thought for or make effort for a single good thing, condition, activity, amount or purpose in your life. *Trust this truth.*

Resting in the Inner Sanctuary in this state of conscious God awareness, your entire universe is now governed by God and presents itself to you as God-form, God-being, God-thing, God-condition, God-amount, God-activity.

You and I of our own selves are not involved in the government and evidencing of good. We are not involved in the creation. We are the "created," not creators.

The creation *is*, and does not need to be made so. The creation *is* individual being, and does not need to be made so in individual experience. Creation is finished, whole, perfect ("The heavens and the earth were finished, and all the host of them." Gen 2:1) and is fully visible to our God state of consciousness.

Our experience is that of beholding the finished creation unfolding itself as our individual divine purpose fulfilled. "He performs that which we are given to do," and that performance embodies every detail. It embodies the form itself, the activity itself, the visibility of good itself; it includes our good finding us, our fulfillment coming to the very place we stand each day.

But this is true only as we remain in the Inner Sanctuary, right *here* within; only as we live the inner life and forget outer belief and effort; only as we live in, rely on, and live out from our withinness; only as we understand that our role in experience is that of being a servant of God, the presence and expression of God.

Our involvement is as a god to our world ("Ye are gods" Psalm 82:6) with everything of God (good) available and fulfilled for us as we serve God and live spiritually. "You are ever with me, and all that I have is yours." (Luke 15:31) Then we discover an infinity of good forever presenting itself to us, freely and limitlessly unfolding in our experience without our involvement or labor.

This is the key. We must not believe that "we" are involved in evidencing God. We cannot expect truth to become visible as a result of our "right thinking"; we cannot know anything about truth and expect truth to become evident through our right knowledge; we cannot do anything and expect truth to become evident because of our right doing.

Truth *is.* All the form and visibility of truth *already is.* We *are* and *have* all the truth that infinity is and has. "I am that I am." But the only way to evidence that truth — the reality and practicality of true and invariable good each by giving good. We have awakened to the fact that we already are and have the infinity of good embodied within us, filling every point of and being the infinite form of our consciousness. There is not a single form, amount or quality of good in the "outer" that we do not already have an infinity of within.

The infinity of all good exists fully manifested, already demonstrated and visible within us. Our only need is to know this truth, and then to express it, pour it out, give it away, spend it. The more we give the more we have because giving infinity results in more of infinity being visible and tangible where we are. "To him that *has*, more shall be given, and he shall have abundance; but from him that *has not*, shall be taken away even that which he has."

The one reality of all is God or spirit, the true, unconditional and invariable good; and because God is omnipresent, the whole infinity of good exists right where you are, filling your entire environment to overflowing. There is never a need to "get," but just to know the truth and then to ceaselessly give of your inherent infinity of being.

We must consciously stay within where our infinity of being *is*, and where the infinity of universal form is real, present and visible. We must live the inner life twenty-four hours a day. We must learn to consciously live "at home" in our withinness and conduct our daily activities "out from" our withinness.

We must become used to living, sensing, thinking, speaking and acting from within "out." *Then* we discover the infinite resources of good flowing freely into our daily experience as the fulfillment of every category of life.

We must learn to live the inner life to such a practical extent that we are not tempted to desire or make effort for outer good in any form. We no longer think in terms of an outer world from which we desire or need things, or for which we need make effort. We no longer believe in an outer, physical body that is sometimes healthy and vital, but at other times — or as the years roll by — needs healing, revitalizing or beautifying. We no longer believe that things or activities are real in themselves, often in need of harmonizing, pacifying or prospering.

Our good is God; and because God is all, we already have an infinity and omnipresence of good. Our only true need is to know this truth, and then to *give* of the infinity we are and have.

Behold, Not Manipulate

All good already *is* and exists right where you are as you (your universal consciousness).

As you live the inner life, as you consciously remain within *observing* the "outer" pictures unfolding rather than making effort for or manipulating them; as you know that all, despite appearance, is God, therefore good, whole and omnipresent even though to sense testimony alone the world seems to be different and separate from God; as you know that nothing is actually different or separate but that all is just sense pictures (seeming to exist out there, different and separate, objective, finite, local, temporal), that all is spirit, therefore infinite, omnipresent, eternal, all good, and all proactively good, in experience; *then* — as you simply stay in the inner, stay in spirit letting God be God, letting God reveal itself, letting God perform *for you* within and throughout your universe — your days are filled with the true and unfailing good.

Let God be every good person, thing and condition in your experience. "He performeth the thing that is appointed for me. . . . The Lord will perfect that which concerneth me." *God itself* performs, corrects, restores, revitalizes, harmonizes, pacifies, prospers, fulfills.

The only way we can experience the reality and practicality of these wondrous yet principled and infallibly practical truths is by staying "here" within, living here within with just one primary interest — feeling God happening, hearing God, beholding God, and then giving, serving and sharing everything of good we find so abundantly filling our experience.

A few minutes of silence . . .

Release Personal Sense

Let go of personal sense now. Let go of all desire, all need, and of the effort you have believed you needed to exert to fulfill these.

Let go of the whole universe of personal self and come *here within.* Come home; rest in the Inner Sanctuary, realizing that the moment you arrive God fills your every sense with the omnipresent visibility of real good.

The very moment you are home and you relax and let go of all you can name, all you have believed you personally have to be and have to do and instead become a nothingness of personal self, then God fills your senses and very quickly so; the light of good floods your entire universe of sense with *its* visibility, *its* self, *its* form, and all is witnessed to be very good.

A few minutes of silence . . .

Realize that *I* am with you, within and throughout your universe, lifting you, illuminating you, protecting you, caring for you.

I am right where you are twenty-four hours a day *as* and *being* the presence of your truth in all its expression and visible formation.

You are never out of My consciousness (through sense, that which you might think of as "Paul" consciousness). Being "out" of consciousness, being forgotten and isolated after you have come "in" is impossible. Once you are in you are never out. Even if our two "human" senses have not met, and never do, the fact that you have been drawn to this message and are now at one with it is itself your oneness with me, and my oneness with you. Consciousness *is* one and self-complete; and consciousness *knows.* Consciousness does not require "human" knowledge or connection to know, or to be in perfect, tangible oneness.

In this way, *I* am always with you. "Son, you are ever with me, and all that I have is yours." *I* am where you are; *I* am your very consciousness — being your light, being your truth, being your fulfillment, being your freedom, being the reality and visibility of your every good twenty-four hours a day.

I am not caring for you humanly, physically, materially. The *I* caring for you is spirit, and its nature is spiritual which *is* your all good — real, visible and practical.

I is reality, and as reality cares for you, it reveals the images and likenesses of itself as your good-filled mind, body and world and every form of it.

"I am the light of the world." *I* am the light of you, of your entirety — of your mind, your body, your universe; of every person, thing and condition, every place, amount and activity throughout your life. *I* am that, and *I* am forever whole, in perfect order, harmonious, fulfilled and visible to your sense as you let *I be* for you and *see* for you.

If you will know this, and if you will maintain a conscious awareness of this very real presence which is always with you — not only "with you" but omni-actively being the *is*, the finished kingdom of good, *for you* — then you will remember to regularly rest in the Inner Sanctuary, knowing that *here* all good *is*, and is whole and complete for you, fulfilled for you, and visibly so.

This is true *as long as you, and* for *as long as you consciously abide* in the Inner Sanctuary, feeling the presence, knowing that God (good) is right here where you are; knowing that the presence of your universal good, every form and place of it, is visible and palpable as you abide in and observe "out from" the Inner Sanctuary.

Let us be clear.

God, good, is *not* visible and palpable to sense if you step out of the Inner Sanctuary, even with one thought or one foot, into the world of sense, *believing it*, desiring its good and making effort for that good. But in the Inner Sanctuary all good *is*, and *is* forever visible and tangible, made real and palpable to sense *for you.*

Remember forevermore, and *be*, the great secret revealed in these pages. You will then *have* your daily fulfillment and freedom of being. You will continually see it; it will be real for you — your one reality. You will be "in the world, but not of it." You will have discovered the secret of the ages, the secret of the universe, and in so discovering, you will have unlocked its good in boundless ways and measures not only for you and yours, but for all who come to you for their good.

And that secret?

I am always with you. *I* will never leave you nor forsake you, nor can *I*, because *I* am your very consciousness which constitutes the infinite formation of your every good.

A few minutes of silence . . .

Silence *knows;* silence *is.*

Silence *is itself* the "I am that I am." Silence *is itself* the form and visibility of all good right where you are, throughout your universe.

Silence *is itself* that which protects you, corrects that which you are concerned about, reveals good to individual sense.

Silence *is itself* that which dissolves all false experience — healing, restoring, rejuvenating, fulfilling mind and body, and every person, thing and condition in your consciousness.

Silence *is itself* the immediacy of your good, of every need fulfilled, because silence *is itself* the very form and visibility of all good.

Silence *is* exclusively and completely *itself,* silence *has* exclusively and completely *itself,* silence *sees* exclusively and completely *itself.* "We" are not and cannot, but silence itself *is* and *does.*

As soon as you feel the presence, the silence within, you *have* all your good. Just let the pictures, the forms of good present themselves to you in their own way.

All good is here, now, and is instantly available to your sense. But you must let it come to you; let it be what it is, which is God itself being your all.

No longer live by attachment to the outer, believing that which you observe and making effort to harmonize its seeming illnesses, discords, lacks and limitations.

Do not be involved, nor be concerned; take no thought; be an emptiness, a nothingness forever at home in the Inner Sanctuary of being, and *let* the silence itself present all good — all harmony, health, love, opportunity, prosperity and peace in every form — *to you.*

Live *here* and out from *here*, the Inner Sanctuary, twenty-four hours a day.

Live every moment consciously aware of God's presence within and without; live the inner life and "out from" the inner life.

Begin each new moment in here.
Live each moment fully in here.
Extend each moment as and "out from" in here.

Then you are in the seat of divine power. You have the almighty power of God — good itself — everywhere present, visibly and tangibly operating throughout your mind, body and world. You have the omnipresent might of spiritual dominion "going before you to make the crooked places straight."

Consciousness of God's Presence

Always remember, your maintained consciousness of God's presence *is itself (in itself constitutes)* the visibility and tangibility of all good in your life — the reality of unconditional and ever-present fulfillment in every category, way and form of life.

As you maintain conscious awareness of God's presence you *are* abiding in the Inner Sanctuary. ("As you abide in me. . . .").

Then *rest deeply here* many times each day and night; simply *rest* and *behold* God in action throughout your being and universe. (" . . .and as I abide in you").

"And God [truth, the Inner Sanctuary of being] saw [sees] everything that he had [has] made, and, behold, it was [is] very good."

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Listen

That Is All

PAUL F. GORMAN

Listen; That Is All

by

PAUL F. GORMAN

Author of

Meditations and Wisdoms
Mastery of Self Is Mastery of Life
Awareness Itself
Releasing the Universe Within
One-Minute God Experiences
The Great Need
I Am (A Meditation)
I Am Now (A Meditation)
One
The Miracle Self
The Giving Self
Healing of the Body
The Way of Awakening
Satisfied with God Alone
Bringing Forth the Presence of God
Anyone Can Demonstrate Infinity
The Impersonal Self
The Inner Sanctuary
The Seven Spiritual Steps to Solving Any Problem
Opening the Windows of Heaven
Only God Is
The Fully Manifest Presence
That Which You Seek

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Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving
belief behind, ever greater degrees of heaven
are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

Listen; That Is All

◆

If we hear ten thousand times that *only God is* and therefore we of our own selves are nothing, it will still not be enough to clear out all the belief that we are something of our own selves, that we of our own selves can experience a state of either good or bad.

How can we have a state of anything, good or bad, if we are nothing of our own selves? How can we have health *or* disease if we are nothing of our own selves? How can we have wealth or poverty if we are nothing of our own selves? How can we have love or aversion or hate if we are nothing of our own selves? How can we have clear or foggy spiritual awareness if we are nothing of our own selves?

Do you see? It is only belief still lingering—or thriving—in us, convincing us that we and everyone else in the world can experience personal good or bad. *Only God is.* We are nothing of our own selves. Therefore, we do not possess a faculty of personal experience; we have only the faculty of God because God is the only existence. We are and have all that God is and has. But hear it—all that *God is* and *God has.* This has nothing to do with a personal self or even a personal *sense* of self.

Mind, body, organ, function, thing, money, business, home, family, activity, amount, condition, world—all of these are nothing in and of their own selves. They are images alone, forms alone, and even the image or form they appear to be in our experience is nothing in and of its own self. None has power. None has presence. None is a cause and none is an effect. None has consequence. None can hinder us or kill us, cause us to struggle or lack, or can limit us in any way.

Only God is, but here is the catch. *Only God con-*

sciousness sees God imagery, God formation. Only God consciousness has God as real and practical experience. Truth does not matter because truth is truth no matter what. What matters is *our experience of truth.* It does not matter how much we know about truth, how much reading we have done and continue to do, how many classes we attend, how much truth we have memorized (although these are important and necessary).

Truth *is* truth, but when it comes to our *experience* of truth we have to *be* the god that *is* truth in order to *have* God as our experience. Only God consciousness sees and has the truth of life as tangible reality.

Now, let us bring to mind the Miracle Self statement: Only God *is;* therefore only God *can.* Let us also bring to mind that we, because we are a nothing of personal self, cannot exercise or bring forth God power, healing, life, abundance, love, harmony, peace. We do not possess the faculty to perform such magic. The entire notion of our being able to (or even needing to) demonstrate or manifest God or good is one of the most misleading notions in metaphysics.

God *is,* and God *already is,* and the *is* that God *is* is the one finished kingdom (see Genesis 2:1-5). God is the one finished kingdom that constitutes heaven and earth and all the host of them. God is the one presence within and without, the one reality, the one power, the one law, the one entirety of existence which is forever fully visible, tangible, manifested and demonstrated *as itself.*

Do you see that? God is all-of-all *as itself.* The infinity of God means that nothing except God exists despite our sense of it. God is the inner as the outer and the outer as the inner—the infinity of oneness. Oneness does not have two departments, one invisible and another visible, one intangible and another tangible, one unmanifested and another manifested, one undemonstrated and another demonstrated, one within and one without, one ethereal or incorporeal and another palpable or corporeal.

Oneness is oneness, and that one existence is what you are; is omnipresent as you and all your universe, as all that you have, all that you experience; is every formation in your universe from an atom in the deepest part of your body, to your entire body, to the farthest reaches of your consciousness and everything in between.

God *is,* which means that all good *is—already is,* not *will become* or *can become* if we pray correctly, beg God for long enough, study truth seriously enough, meditate for sufficient hours each day, sit in enough silence, be a good enough person, make amends for all the bad we've done in the many life spans we've already experienced.

No. God is the only existence and form, and is unconditional. Think about this. God *is,* and is unconditional. Therefore good *is* and is unconditional to your experience. Health, wealth, love, harmony *are* and are all unconditional to your experience. Your good, in any and every form you can imagine or sense as being needed, *is* and is unconditional to your experience this instant.

Do we need to know more than this? Once we truly know this, and therefore know that both good and bad appearance are illusion (nothingness, non-power and non-reality), all we need do is rest in *is.* In resting in *is,* we experience all that God is, all the good of the infinite filling all space in our minds, our bodies and our universe.

God, good, IS and is unconditional to experience.

Listen deeply. . . . Be still and listen. . . . Be very, very still and quiet, and *listen.* God is singing its song not only all around you as every form throughout your universe, but *as you.*

God is singing its song throughout your universe not only as everything everywhere and as you, but *for* your fulfillment.

Your consciousness—your very presence, your very being—*is* the song of God. Your consciousness *is God,* which is the visibility, the tangibility, the reality, and practicality of infinite and unconditional good in all its formation.

Is. . . . Can you hear *is* singing throughout you and as everything in your universe? Can you *feel IS happening* as you and as everything throughout your universe?

Ignore appearance, good or bad. Ignore experience, good or bad. See through appearance and experience to that which truly *is,* and then listen; that is all. *Listen. Feel* the presence of God which is forever singing its glory, its life, its character, its nature, its form *as* you and *for* you.

Listening to Truth

You do not have to listen *for* the revelation or realization of truth, you only have to listen *to* it. Truth already exists. God is the finished kingdom of good. The revelation or realization is all around you freely offering itself to you twenty-four hours a day—freely present, visible, and tangible to your sense at every moment. That which is finished and present right where you are—in fact present *as* the very you you are, the very consciousness you are—does not need to be sought. It *is* what you are; therefore you never need seek it.

If I am standing right where you are, you do not need to look for me, but you may want to listen to the beautiful story I'm telling you, especially because the story is all about you, your god truth, your perfection, your health, your abundance of all good, the fulfillment and freedom of every category of your life

Indeed, do not seek fulfillment; just *listen* to fulfillment.

Do not for a minute longer believe that God is hard to find, that your truth, your good, is hard to find. It is not hard to find; it *is* what you are. It is standing all around you—visibly, tangibly so. Do not seek it. Simply *know* that it *is you,* and is present as everything you are and everything you experience. Simply *listen* to it, *feel* its presence and activity. Another word for this experience is *healing.* The experience of knowing this truth and listening or feeling its presence and activity is the healing consciousness.

God Experience and Form Are One

Once you know that all is consciousness (God), you know that the revelation of truth is its own evidence, its own form. Consciousness and form are one and inseparable. The minute the revelation flows into our awareness, the form stands right there as our healthy or healed body, as our healthy and loving relationship, as our healthy and plentiful wealth, as our healthy and harmonious neighborhood, business, world, and every detail of these.

The revelation or the realization, the *feeling,* the *experience* of the presence of God felt within *is itself* the form of instant and boundless good. The instant of the felt presence is the instant of the experienced form. The feeling and the form are one and inseparable because consciousness and form are one and inseparable. Anything happening in consciousness *is* its tangible form, *is* the instantaneous image and likeness of itself in what we call the outer experience for the "inner" and the "outer" are one.

So, when the presence of God is felt, the form of God is tangible—the image and likeness of God, one and inseparable. Only remember, God is incorporeal; therefore all is incorporeal. Let go of the belief that there is incorporeal God and corporeal form (which is the practical experience of life). Forget about corporeality being a real entity. Corporeality is nothing but sense; only incorporeality is real.

What appears as corporeal reality is not reality but merely corporeal *sense.* Sense of what? Sense of the *incorporeal,* sense of God. So all that matters is our understanding and our *lis-*

tening to, feeling, and trusting in the incorporeal as being all that God is and all that God has, therefore all that we are and all that we have. Then, as we live by the incorporeal, as we listen for and feel the incorporeal state of being happening within and throughout us, and as we never wait for something called a corporeal good, we discover that the corporeal sense takes care of itself.

We never have to mentalize truth to turn it into corporeal good—corporeal health, wealth, love, harmony. If we try to, we have fallen into the trap of believing that the corporeal is real in itself, and right there we have blocked God from our experience. *Only God is;* therefore *only the incorporeal is.* As we look at and experience our seemingly corporeal bodies, we must realize that there is nothing corporeal about them. These sensed physical bodies are one hundred percent spirit.

We have done this a few times, but do it again because it is so very important to your constant understanding of the truth of being, your body, your world. Hold your hand to your chest or shoulder or leg. To sense testimony alone, you are having a physical experience. But matter does not exist; physicality does not exist. Only God is; therefore only spirit, only the incorporeal is. Even as you sense the "physical" body, nothing physical exists, so you cannot be having a physical experience. You are having a spiritual experience because only spirit exists.

Form is spirit; body is spirit. Your hands are spirit and your chest, shoulder and leg are spirit; therefore you are having a one hundred percent spiritual experience or sense. You are experiencing the whole of God as every "physical" sense. As you sense your body, just *listen.* Listen for something entirely unknown before. Do not seek anything you know or believe you know about or believe you need. Seek the unknown. Seek God itself which can never be known, never be contained or captured in understanding, but is *beheld.*

Seek God. Seek the unknown infinite, the unknown good that truth *is.*

Be still and *listen.* Simply *feel* the presence, *bear witness* to the presence. Be completely open for whatever or however the experience presents itself to you.

It does not matter where the revelation of God seems to be taking place. All is one. All is you. You may sense it as a revelation about your body, your business, your finances, your home, your neighborhood, your world, your universe. It does not matter. Be open and simply listen to the presence of God. Feel the presence of God.

(A few minutes of silence)

A great peace, a light, a warmth fills us now, and all is very good.

Become conscious of any person or thing in your world. Instead of knowing and judging him, her, or it to be good or bad, just *listen; feel.* Be entirely empty, open and still for the revelation of God that is omnipresent right here where you are, as you, and as every person, place, and thing—visibly and tangibly. All the universe requires to make its harmony visible to sense *is our listening instead of telling, our beholding instead of demanding.* Then we quickly see that all is very good.

I was walking early this morning as the dawn was just breaking through. The birds were beginning to sing. The rich colors of the leaves and flowers treated my senses, the fragrance of the early morning filled the air. All I had to do was listen and bear witness to the miracle that was taking place all around me. This is all that is ever required of us in experience: listening to God, the finished kingdom of good, unveiling itself as our very conscious awareness—such good that we can never capture the magnitude of it, the gift of it.

The whole walk was filled with the good of God, with heaven experienced as earth, with revelation, with presence, with truth, presenting itself to me with no condition involved.

Indeed, there is no condition to the experience of truth when we know that truth is the finished kingdom of God within and without, and simply open ourselves for the revelation.

Simply *listen* to the finished kingdom of good—good without opposite, good without condition—which is forever freely offering itself to the listener, to spiritual being, to the one who knows that *I am a god,* and the one who realizes that there is nothing incomplete about God, nothing invisible about God, nothing intangible about God, nothing separate or different about God, nothing far away about God.

> "Ye are gods"
>
> (John 10:34)

I am a god. The *I am* is consciousness, your very consciousness and mine, and so the finished kingdom of God or good only requires *listening to, feeling,* in order to become visible and practical to our experience.

By knowing, being open to, and expecting only the incorporeal, our awareness is filled to overflowing with the incorporeal good—the *I* that *is,* the body that *is,* the world that *is,* the business, the wealth, the family, the relationship, the harmony of all that *is.*

Let us look at a few statements from scripture that fill us with the realization that because *only God is, only God can be experienced.* When we know this truth, we never again attempt to make truth true, to bring truth forth into experience. Truth already is and fills experience. We are only required to listen to it, open ourselves to it, feel the *is* of it.

"I am with you always, even unto the end of the world [filling the entire world; freely available until the last minute of our world experience]." (Matthew 28:20) Does this sound as if good were hidden from us and needed to be found? As if truth were separate from us, different from us? As if fulfillment were ethereal, unreal and impractical? No, "I am with you [fulfillment is with you this instant of now and forever] all the day to the end[s] of the world." Simply listen to it, be open to it, let it fill your senses like sunlight fills the earth.

"Be strong all you people of the land, says the Lord, and work, for I am with you. My spirit remains among you: fear not." (Haggai 2:4-5) "Work" refers to our staying in truth, staying in spiritual consciousness, getting on with the Father's business rather than the world's business; not the kind of business that gains us a measure of corporeal good in itself, but the work that builds up our treasures of heaven.

Drop everything you believe you are and have, good or bad, and lift into God consciousness – a god state of being, free, empty, impersonally open and available, without idea, without knowledge, without memory.

"Remember not the former things; neither consider the things of old." (Isaiah 43:18) Hang onto nothing of "you," nothing of your knowledge, nothing of your body or world or any detail of it. "Whatsoever ye bind on earth is bound in heaven [unavailable to our experience]; [but] whatsoever ye release on earth shall be released in heaven." (Matthew 16:19) Heaven—good without condition—is released throughout sense as we release our hold on earthly things, on human knowledge, on memory, on material reliance.

"Behold, I make all things new." (Revelation 21:5) Does this sound as if you and I have to make effort for truth, have to somehow make truth real in experience? No, *I* make all things new. *Lift, lift* into the new spiritual awareness of who you are.

"I have put on the new man, which is renewed in knowledge after the image of him that created me." (Colossians 3:10)

When we are lifted in Christ—into God or spiritual or Buddha consciousness, into a God state of being—we are the new man. Notice St. Paul does not say we will put on a new man, but we *have* put on the new man the instant the God state of awareness has been attained, the instant the revelation—the feeling of the presence and activity of God within—is experienced. The old things are passed away.

All becomes new (is seen with open eyes) through God, through God consciousness, through our God state of being. The God state of being or the revelation or the feeling of God within does not produce healing, health, wealth, love, harmony. Rather, it opens our senses to *is.* The *is* of truth is experienced the moment the revelation is felt flowing within.

"I am the Lord that heals you." (Exodus 15:26) Here it is again. God consciousness is itself what we sense as healing, as loving relationship, as successful and prosperous business, as an ever-sufficiency of supply including money, as harmonious neighborhood, as family union. God felt happening within *is itself* truth evidenced. We of ourselves have no healing or prospering or harmonizing power or influence. Only God is; the experience of God is its own evidence in our lives.

“Ye shall seek me, and find me, when ye search for me with all your heart. (Jeremiah 29:13) We have sought God and discovered that all is God, and that (because all is God), God is the only power, therefore is the only power of evidenced God. We’ve discovered that God is singing the song of itself as us and for us throughout our beings and as everything everywhere in our worlds. The one remaining thing we must do is listen with all our hearts. We must not desire people, things, and amounts, but only to *hear,* to *feel* God happening in us and throughout our universe, knowing that God itself is all.

The corporeal sense is nothing in and of its own self but merely a *sense* of that which is one hundred percent incorporeal, God. When we know this, we seek, we listen to, we feel the presence of God, we want for nothing but the experience of God, and we are satisfied with it alone.

We want nothing but the God experience because we know that the instant we have it, we have the tangible experience of good. We have all the good that God is the instant we feel or hear the presence of God. The presence experienced *is* our good, *is* the revelation, *is* the visibility, the tangibility, the actual manifested and already demonstrated good, now evident.

"I am the Lord, the God of all flesh [the God, the good, the truth, the image and likeness of all form]. Is there anything too hard for me?" *I am. I already am. I* am the *is* of all, so of course nothing is too hard for me. It is too late for anything to be hard. All already *is.*

"I will put my spirit in you, and you shall live." (Ezekiel 37:14) The light of truth fills our senses, and we live. But we have to be empty, silent, *listening* to the kingdom of truth, the kingdom of God, the finished kingdom. When *I* fills our senses we, along with the blind man healed by the Master, say, "Before I was blind, now I see." Yes, because the so-called healing is actually the filling of our senses of the light of God which enables us to witness truthfully, to sense and to see, to have the image and likeness of God as our all-of-all.

"Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth." (Jeremiah 33:6) I will reveal Myself as the abundance of peace and truth—and we can add, of life, of love, of finances, of success, of happiness, of freedom, of fulfillment of purpose.

"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. (Romans 13:1) We do not have the ability, the faculty to exercise truth, to exercise God, to bring forth God or good. We are nothing of our own selves, and we are to simply *receive* or *listen* or *feel* truth taking place as our all-of-all. "Be subject unto the higher powers"—the one presence, power, and law *being you.*

"Be still, and know that I [your very consciousness, which is your all-of-all] am God [am your good health, wealth, and harmony of all experience, of all being]." (Psalm 46: 10)

"Every person should eat and drink and enjoy the good of all his labor. It is the gift of God. I know that whatsoever God doeth, it shall be forever. Nothing can be put to it, nor anything taken from it. God doeth it." (Ecclesiastes 3:13-14) The God person, the God body, the God world we experience cannot be changed. God is invariable; therefore spiritual being is invariable. It cannot become sick or diseased, cannot lack, cannot be limited, cannot be unhappy, cannot die, cannot experience opposites.

God *is,* and *is* is forever. Nothing can be added to it because all already *is God.* "We" cannot bring more good into our experience; "we" cannot demonstrate God, exercise some form of truth formula so that our experience is filled with greater good—greater health, wealth, love. God already *is* the infinity and omnipresence of all good.

All we are required to do is go to God *as a god* wanting nothing but the conscious experience of God itself. The conscious God experience is the eternal fullness of good. Nothing can be added to it nor can anything be taken from it. God *is it.* Seek just one thing: to listen to *is;* listen to the omnipresent and infinite truth of life, and you discover that the presence you hear or feel is your all-of-all infinite good.

"Every man also to whom God hath given riches and wealth, and hath given him power to eat thereof, and to take his portion, and to rejoice in his labour; this is the gift of God." (Ecclesiastes 5:19) Are we required to seek and to find something which is our gift? Is it hidden from us? Is it invisible? Is it something unobtainable? No, it is freely given to us.

A gift is given to us in love, in truth. A gift is whole, complete and finished and handed to us freely and unconditionally. Realize that all that you are—your very being, your mind, your body, your entire world and all it constitutes—*is God* and all that God is and has. Your utter fulfillment of being is the *gift* of God, not something to labor for, not something you have to struggle and experience pain for, *but the gift of God.*

This being the truth of life, what more do we need other than to just *listen* to that gift, freely *receive* in awareness that which is already ours as the gift of Love in every tangible way, form, amount, and place?

Feel the gift of God as all that you are and experience. Simply *be still* and *listen to* or *feel* the omnipresence of God within and without, and realize that the very instant (and every time) you feel the presence of God—the very instant you feel the gentle fulfillment welling up within—you *have* the "outer" form of it because awareness and form are one, omnipresent, inseparable, and infallible.

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In risen consciousness, in which the One Presence and Power is free to live in us *as It Is,* the cloud of material sense dissipates to reveal the ever-present harmony and unbounded good of self and of world.

Our silence and non-reaction toward the objective sense of the world, and our receptivity toward the consciousness of *Is* evidences the miracle of unlimited mind, body, and world.

Pondering a few passages of *Meditations on Awareness Itself* each day helps elevate and maintain the consciousness of *Is* where the reality of harmony and divine dominion over all things exists as real and practical experience for all those who will let go of the "personal self" and devote themselves to the impersonal life of spirit and truth.

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Meditations *on* Awareness Itself

by

PAUL F. GORMAN

Author of
Acts of Awareness
Listen, That Is All
Meditations and Wisdoms
Mastery of Self Is Mastery of Life
Awareness Itself
Releasing the Universe Within
One-Minute God Experiences
The Great Need
I Am (A Meditation)
I Am Now (A Meditation)
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“As in heaven so on earth.”

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, “As in heaven so on earth” emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

Meditations *on* Awareness Itself

◆

Who Told You So?

How do you know what a person, thing, or condition actually is?

Who told you? Who informed you? Who educated you?

How do you know that your utter fulfillment is not already with you—visibly, tangibly and practically so?

What are you seeking? What are you waiting for?

"Who told me so?" is a revealing and freeing question that we should ask ourselves every day.

Spend today asking this question as “human beings, material things, and structural conditions” present themselves to you.

If it was not God who told you what person, thing, or condition was, then who did?

If God did not tell me, there is no truth whatsoever to what I “know.”

The reason we are being given this question is that we cannot experience God, good, while hanging onto belief, concept and conviction about what is, what is not, and what is needed.

The first step in awakening is to abandon everything we know.

The only way truth can be evident is when "we" are absent.

"[Do not pour] new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but put new wine into new bottles, and both are preserved." (Matthew 9:17)

Two objects cannot fit into the same space at the same time.

Because all is consciousness, the "object" we are speaking of refers to the "subject" of our conscious awareness. We cannot fit two types or different levels of awareness into our consciousness at the same time. We cannot have God within and matter without. These are the "two" that "break the bottles, and the wine runs out, and the bottles perish."

The Master also stated it like this. "Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand." (Matthew 12:25)

Every day, all day, empty yourself of all you believe you know—every name, every definition—even of truth.

Then you are ready for God. You are empty, new and receptive. Space has been made "available" in you, and God awareness rushes in.

Be still, quiet, silent, listening—feeling—knowing that "I am God."

Only, never attempt to understand, never attempt to convert or translate the experience of the presence and activity of God into the presence and activity of matter. There is no matter! Leave "both" the "inner" and "outer" entirely to God, as God, as all; for God is all.

Simply behold God presenting its wonder and glory to you. Never be tempted to believe you are an assistant to God, a partner of God's on earth, a necessary dispensation of God brought here to perform God's work for all those who do not have as much God as do you or as do I.

Not one of us is anything at all of our own selves, and not one of us can do anything at all.

"I of my own self can do nothing . . . I seek not mine own will, but the will of the Father; the Father that dwells in me, he does the works." (John 5:30; John 14:10)

Only God is; therefore only God *can* and infallibly does.

All Is Awareness Itself

The world and all it constitutes, or what we name “experience,” is our objective sense of awareness which we name "form”—person, thing, place, amount, activity, condition; time, space, cause, effect; seeing, hearing, tasting, touching, smelling."

The cells, organs and functions, the very structure of the body, are all forms of awareness not flesh, not matter, not physical, not corporeal. Therefore, they have no time about them, no cause in them or acting on them, no effect about them; and because Awareness is omnipresence, every bodily form—from a single atom to the entire body—is, and contains, and is one hundred percent governed by, the whole of Awareness Itself, the whole of God.

Awareness Itself is the only true existence.

Awareness cannot be aware of anything except itself because nothing except Awareness Itself exists.

If you are aware of a thing, it is Awareness Itself perceived objectively.

Only remember, perception does not alter reality. We perceive a thing which appears to be finite, local, and temporal but is in reality infinite, omnipresent, and eternal.

Knowing this truth, and resting receptively in it, evidences it.

Impersonal, Infinite, Omnipresent

The single greatest aspect of being we must understand (and consciously be) is that God (therefore all) is impersonal, infinite and omnipresent, not personal, finite and local.

Unless we are aware and think impersonally, unless we are aware and think as the infinite is aware and thinks, unless we are aware and think as omnipresence is aware and thinks, we do not "have" God and cannot evidence God.

We can only "have" and evidence God as God is, just as we can only have and evidence math as math is, or music as music is, or aerodynamics as aerodynamics is.

We cannot make or persuade or pray for any principle, any truth to apply itself for us. There is no "you or me" in principle or truth, in God. God is the *only*—please repeat the word "only" one hundred times to save me typing it out—; therefore the only way to "have" and evidence God, fulfillment, is to *be* that which God is—"Ye are gods"; be gods.

God is impersonal, infinite, omnipresent;

therefore, *we* must be.

Think, be aware, meditate, be silent as impersonal, universal being.

Think, be aware, meditate, be silent as infinite being.

Think, be aware, meditate, be silent as omnipresent being.

This means that we are never to believe in or make effort for anything that would be our personal good or gain; that we are never to believe in or make effort for a single finite thing or condition; that we are never to believe in or make effort for a single local thing or condition.

If we ever succeeded in gaining or transforming any personal, finite, local person or thing or amount or condition, that gain or transformation had nothing whatsoever to do with God but was of mentality; and we have all proven the truth of this by experiencing the unreliability, change, and decline of that gain or transformation.

Only God is, only Awareness Itself is—one, universal, impersonal, infinite, omnipresent;

invariable, indivisible; forever whole and complete, visible and real as itself alone, to itself alone.

Consider these truths deeply, moment by moment.

Be these truths thoroughly, moment by moment.

In your silence, let Awareness Itself be Awareness Itself, for Itself alone.

Then you are, have and witness the miracles of Awareness Itself being the fullness, perfection and fulfillment, of Itself as all form, as all that you are aware of.

God Is Fully Aware of Itself

Your Awareness, this instant and eternally, is God being fully aware of its self, its life, its abundance, its love, its relationship, its harmony as all in your awareness, as you and for you.

But in order to witness this truth, you must recognize and live your true identity.

You must be aware as a god, think as a god, act as a god, knowing that you are and have all that God itself is and has. There is no other truth about you.

We must live in the constant conscious awareness of "I and the Father are one."

The infinity, omnipresence, quality and condition of God are that of me, of you and of all persons because "I and the Father are one."

God Bestows Its Gifts to and for Itself

God bestows its gifts to and for itself.

God fulfills itself twenty-four hours a day.

The minute we attempt to get God to bestow its gifts to "us," or for "our children, or neighbors or students or the multitudes," we fail because none but God is.

God *is.* God has already done all that it *is.* If we cannot see and experience all the good that God is this and every day, it is because we have misidentified ourselves and our human population.

"Ye are gods." "Join" God as what God is—realize and live your truth, your god identity which has no human, mental, physical or material in it whatsoever, therefore has no laws or forms of these, therefore has no need of them—then you discover your mind, body and world full of the goodness of God—yet never personal, finite or local; always impersonal, infinite and omnipresent.

“The earth is full of the goodness of the Lord."

Only God Is

Think deeply. . . . *Only God is.*

Make sure you catch the significance of the statement on page 16:

God bestows its gifts to and for itself . . . and we can add, because there is no other person, thing, condition, place or amount as which, or to which, God can bestow its gifts.

God is forever fulfilled. To "have" God fulfillment we must be what God is; we must be God consciousness, be a god.

What is the surest way of checking ourselves, of checking our God v. human state of being? God is incorporeal, and all the gifts of God are incorporeal. All of heaven, earth, and all the hosts of them are incorporeal.

If we desire or believe we need anything of corporeal good, and are seeking God for these things, these results, we are one hundred percent in "human" consciousness and we will fail one hundred percent of the time to gain our spiritual good—our health, prosperity and harmonious world.

We have been mis-educated to believe that we, our bodies, our world and things of our world are corporeal. Nothing is corporeal; all is God, which is incorporeal. Remember, who told you that you, your body, your world and things of your world are corporeal?

You are incorporeal, your mind is incorporeal, your body is incorporeal, your family members are incorporeal; every thing, condition and place in your world is incorporeal—business is incorporeal, customers are incorporeal, products and services are incorporeal, money is incorporeal, transactions are incorporeal.

Our corporeal sense does not make reality out of corporeality. This is why, as long as we believe that sensed "corporeal things and conditions" are real in themselves, we fail to evidence their truth. We are blind to reality.

"Open my eyes that I may see." Realize that every person, thing and condition you become aware of each day is incorporeal; and if incorporeal, then full of God, whole and complete, perfect and eternal, invariable good, fulfilled form.

Incorporeal realization—and resting in the is of incorporeality, which is the infinity, omnipresence and finished perfection of good, constitutes the visible, tangible, practical fullness of God as the forms of sense.

In other words, incorporeal realization, and resting in the is of incorporeality constitutes the visible, tangible, practical health, wealth, love, harmony and peace of the forms of sense (this world forms).

Stick with incorporeality, and with resting in the *is* of incorporeality, even if its sensed forms seem to take a few hours or even days to evidence.

They will evidence. The forms and conditions of harmony are infallible as long as we understand and live the presence of God, incorporeality, as the only reality.

None but God

God bestows its gifts to itself. . . .

God can bestow its gifts only to itself because there is none but God.

In true identity—God or spiritual identity—we experience the gifts of God because we are being what God is. Our consciousness is of God, not of humanity, physicality or materiality. Our state of being is that of God, not of mind, flesh and bones; our state of world is that of spirit, not of matter, structure and place.

If we can name a person, thing or condition, it of its own self is not of God; and if it is not of God, it cannot "receive" the gifts of God.

Only a God state of being receives the gifts of a God state of person, thing and condition.

For Whosoever Hath Shall Be Given

God bestows its gifts to itself. . . .

If you can catch the significance of this statement you will, this day, stop attempting to satisfy or reward human sense, mental sense, physical sense, material sense, and instead, lift into and maintain a God state of being in which all that God is and has is tangibly evident day by day.

God bestows its gifts to itself. . . .

"For whosoever hath [God consciousness[1]], to him shall be given; and whosoever hath not, from him shall be taken even that which he seemeth to have." (Luke 8:18)

The things and conditions we "seemeth to have" are not in themselves real but are just belief pictures—extremely poor, incomplete and unstable awareness of that which *IS;* whereas that which *IS* is infinite, omnipresent and invariable, and is evident as the forms of awareness when we are being what *it itself is,* when we are living our true identity.

Only God is. God can only be evident as

Principle

God bestows its gifts to itself. . . .

Principle bestows its gifts to itself.

Principle cannot be unlike itself. Like bestows itself to and as like.

Just as aerodynamics cannot fulfill what is non-aerodynamic, so God cannot fulfill what is not God.

Only a God state of being evidences a God state of experience.

God is. And because God is consciousness, good can only be evident as your consciousness, awareness, is that of God itself rather than that of *things.*

God is already present, "waiting for us" to arrive, just as aerodynamics has always been present and waiting for us, but was indemonstrable until we discovered it, understood it, and then attuned ourselves—our airplanes—to it. We had to attune ourselves to what *it* required for its demonstration.

Do you see that we serve that which *is*—*which is* God, the law and principle of existence?

Always remember, that which *is* cannot serve us. For instance, we serve aerodynamics; aerodynamics does not and cannot serve us. As we serve *it, it* is perfectly evident twenty-four hours a day for the planes we fly. But the moment we veer from serving *it* as *it is,* our planes fail to even lift off the ground.

If we are entertaining something other than God Itself as the one, literal, infinite, all-of-all, we are not in God consciousness and,

In the Cinema

In the cinema, light is the multitudinous forms we experience on the screen and the fullness of them, the "inner" and the "outer" of them, so God is the multitudinous forms we experience as "human," “world” sense.

The projector light "and" the forms of light on the screen are one, indivisible, inseparable.

We can hear the character on the screen realize, “I and the light are one. . . . I of my own self am nothing. . . . It is the light within me that does the work.”

And just as the beams of light flowing from the projector take no thought for—are not concerned about, do not make effort to maintain—the forms they are and behold on their screen-world, so we take no thought for the forms of objective person, body, and world we behold.

All is God; all is light. As we stay "in the consciousness of light," we are and have all that God is and has. But imagine how instantaneous our finiteness of experience would be if therefore, cannot evidence the truth of existence, the true and invariable good. We are living a divided consciousness which is unable to evidence God.

Only God has and sees God.

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[1] God consciousness *is* and *has* only God in it. Many believe they have God consciousness, yet still seek human satisfaction, mental peace, physical health and material harmony. They still want named good from God and expect God to deliver it. God is all; God is the truth, wholeness and harmony, of all. As we seek and are satisfied with the experience of God alone, all "else" is evidenced as being healthy, wealthy, unconditional, and harmonious.

we moved our awareness from the light itself, to the forms of light in and of their own selves. In light-awareness we are the macro, the all-of-all, the cause of illumined whole and harmonious form; but if we take our awareness from the infinity of light to the finiteness of form itself, we instantaneously have finite, limited experience.

To add insult to injury, all finite sense is of both good and bad. It is impossible to have finite sense filled with God or good only. So now we have not only finitized our experience but filled it with both good and bad.

Never can we or any aspect or form of our being, body or world lack light, lack good, lack joy, lack freedom. The belief of "absent" light, "limited" light, "sick" light or "disharmonious" light in the infinity and omnipresence of light not only lacks principle but is nonsensical.

The infinity and omnipresence of God, light, is all-of-all. "I am the light of the world." All is God and God form, light and light form—one presence, one entirety, one entity.

God is infinity and omnipresence and can only be evident as it is—as the consciousness of infinity and omnipresence being all-of-all, "inside" and "outside"; as God itself "and" as the objective sense of God person, thing and condition.

“I and the Father Are One”

“I and the Father [the light-form that is existence, the "inner" and the "outer" that are the all-of-all] are one. . . . I am the light of the world."

Withdraw your awareness from the forms of life; seat and center your awareness in the light that is the one reality, the one substance, the one omni-activity, the one form, the one faculty, the one all-of-all.

The one all-of-all—think deeply about what this means.

Anything whatsoever you can imagine as being sick, lacking, limited, unfair, immoral, unjust—any good you can sense as being needed—is included in God, light, being all-of-all.

If you can sense it, name it, it is actually God or light. Never is it what it seems to be, good or bad. All is God, light; God is the literal all-of-all.

Meditate deeply and consistently on this truth: God—good, thorough fulfillment, "in" and "out"—is the literal all-of-all.

Bring to mind any category of problem you or your world is experiencing. Now realize, first, that it is not what it seems to be.

Its name, its nature, its form, its activity, its amount (sufficient or insufficient), its consequence—none of what we can name or define about the "it" of the problem or its seeming solution is accurate.

Only God itself is accurate.

It is logical that we must realize and stay consciously in what is accurate in order for the true good to become evident and practical in our experience. As long as we stay attached to, and working to harmonize what is inaccurate—the form itself, good or bad)—we will continue failing to evidence the true good.

Second, withdraw your awareness, your fixation, and your concern from the form and bring your awareness here, within, to God itself, to the light of the world itself; and realize that the light of the world is the one all-of-all—forever whole and complete, forever fulfilled, forever the fullness of itself "in" and "out."

Now rest in and as the light, open and receptive, a nothing of personal self. Let the light of life be itself in and throughout you.

Let God get on with being what God is, as your entirety, without "you" getting in the way, without "you" attempting to translate and interpret it; without "you" trying to see it as you believe you need to.

You are wrong! We can never see God, good, as we believe we need to. "My thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." (Isaiah, 55:8-9) (Note: let us bathe in the whole of Isaiah 55 today. See below.)

In and "through" your silence, your emptiness, your nothingness, let God be what God is as your universal all-of-all.

What "happens next" is truly a miracle to human sense. The impossible becomes possible; that which seems insurmountable is surmounted; that which seems to be too overwhelming, too urgent, too late becomes harmonious, peaceful, fulfilling.

No matter what category of life is problematic to sense, nothing of that sense is true. Only God is; and God is eternally the fullness of itself as all-of-all.

"I am the light of the world. . . . It is the Father [the light] within me [the actuality of me 'inside' and 'outside'] that does the works."

Isaiah, Chapter 55

(Authorized King James Version)

Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price.

2 Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.

3 Incline your ear, and come unto me: hear, and your soul shall live; and I will make an ev-

erlasting covenant with you, even the sure mercies of David.

4 Behold, I have given him for a witness to the people, a leader and commander to the people.

5 Behold, thou shalt call a nation that thou knowest not, and nations that knew not thee shall run unto thee because of the Lord thy God, and for the Holy One of Israel; for he hath glorified thee.

6 Seek ye the Lord while he may be found, call ye upon him while he is near:

7 Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon.

8 For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.

9 For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

10 For as the rain cometh down, and the snow from heaven, and returneth not thither,

but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:

11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

12 For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.

13 Instead of the thorn shall come up the fir tree, and instead of the brier shall come up the myrtle tree: and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off.

Here is the George M Lamsa translation of Isaiah 55 to work with too. Notice the subtle differences:

1 NO, every one that thirsts, come to the

waters; and he who has no money, come, buy and eat; yea, come, buy wine and milk without money and without price.

2 Wherefore do you spend money for that which is not bread? And your labor for that which does not satisfy? Listen diligently to me, and you shall eat that which is good, and your soul shall be delighted in delicacies.

3 Incline your ear, and come to me; listen to me, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David.

4 Behold, I have given you for a witness to the Gentiles, a ruler and leader to the nations.

5 For you shall call nations that you know not, and nations that knew you not shall run to you because of the LORD your God, and because of the Holy One of Israel; for he has glorified you.

6 Seek the LORD; and when you find him, call upon him while he is near;

7 Let the sinner forsake his way, and the wicked man his thoughts; and let him return to the LORD, and he will have mercy upon

him; and to our God, for he will abundantly pardon.

8 For my thoughts are not like your thoughts, neither are my ways like your ways, says the LORD.

9 For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

10 For as the rain and the snow come down from heaven, and returns not thither, but waters the earth and makes it bring forth and sprout and gives seed to the sower and bread to the eater;

11 So shall my word be that goes forth out of my mouth; it shall not return to me void, but it shall do what I please and it shall accomplish that for which I sent it.

12 For you shall go out with joy, and be led forth with peace; the mountains and the hills shall break forth before you into singing and all the trees of the field shall clap their hands.

13 Instead of the thorn shall come up the fir tree, and instead of the brier shall come up the myrtle; and it shall be to the LORD for a

name, for an everlasting sign that shall not be cut off.

Isaiah 55:1-3

Let us meditate more deeply with and bathe in Isaiah 55:1-3 this morning.

"Ho, every one that thirsteth [for any form, condition or amount of good], come ye to the waters [come here, within, to the infinite ocean of pure consciousness, to the omnipresence and omni-activity of pure spirit], and he that hath no money [no material means or amount]; come ye, buy ["buy" by your coming here, within, to God, to silence, "investing" in the experience of God itself, omni-active as all-of-all, inside and outside], and eat [freely receive and be filled with the living awareness of the infinity, omnipresence and visibility of spiritual substance and form filling your inner and outer, the one all-of-all]; yea, come, buy wine and milk [come, receive the limitless flow of all good and abundant substance and form] without money and without price [without exchange or transaction, without any type of cost, and without mental or physical labor].

2 Wherefore do ye spend money for that

which is not bread? [Why do you believe in and operate in the pairs of opposites, in the material belief-world for that which is unreal, that which can be named, that which is nothing but false imagery, vapor?] and your labour for that which satisfieth not? [and your mental and material effort for that which cannot satisfy or last beyond a short human moment?] hearken diligently unto me [hear and listen diligently to the one truth, the one principle and form of existence], and eat ye that which is good [ingest and live literally by God, spirit, truth as the finished kingdom of all-of-all, the only all-of-all], and let your soul delight itself in fatness [let the entirety of your true self, your spiritual self and universe, delight in the truth of God, good, being omni-active, infinite and unconditional all, by beholding it presenting itself to you, never by "your" making effort for it].

3 Incline your ear [constantly seat and center your awareness in God, in consciousness, deep within, having released all "outer" sense, belief and desire], and come unto me [make

yourself "available" to me—empty, a nothingness of self, a vacuum; as a god]: hear, and your soul shall live [the Word "heard," the feeling of the presence of God is the life, is the health or healing, is the love, is the supply, is the safety and security in every real, tangible, visible, practical form of fulfilled experience]. . . ." (Isaiah 55: 1-3)

Can it be any clearer?

"Ho, Every One That Thirsteth, Come Ye to the Waters."

Let us lift "higher," into Awareness Itself.

"Ho, every one that thirsteth, come ye to the waters. . . ."

What is the only *actual* thirst? That of spirit; of true identity which constitutes true form, true experience.

Yes, as our belief and, therefore, attention and effort are attached to form in and of itself, the one thirst appears, to material sense, to be a lack of good form and condition—a lack or limitation of health, love, family, friend, home, business, opportunity, safety, security, peace, freedom.

But these appearances are simply vacuous picture-forms of our belief of separation or difference from God. Awareness and experience are one.

Whatever is going on in individual awareness is individual experience.

As soon as we understand that God is the only, the literal all-of-all—inside and outside;

finished, perfect and divinely purposeful, infinitely intelligent and omnipresent existence—we release our attachment to the universe and detail of form, and come here, within, to Awareness Itself.

Here, home, in "the secret place of the most high [the most Aware]," in stillness, rest, emptiness, nothingness of self, silence, receptivity, feeling the presence of Awareness Itself being the infinite inside and outside of individual self, our thirst is quenched.

Now, "he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price."

Now our true identity is filled and satisfied, and tangibly and visibly constitutes all that God is and has; and as we gaze "out" again at the wondrous formation of experience, it "also" is filled and satisfied.

True identity filled and satisfied is itself true form filled and satisfied.

Only, remain in Awareness itself. Do not reattach to the experiential forms of awareness. These, of themselves, are nothing. Do not waste your or your world's time with them.

nothing because it is already wholly fulfilled.

In the realization of oneness, of the all-of-allness of God, find your self-fulfillment in true identity, and you will discover that true identity filled and satisfied is itself every person and form of your world filled and satisfied.

One and Omnipresent

Existence, God, is one and omnipresent.

We do not exist "in" the universe; we are the universe. Everything we are aware of is Awareness Itself—the entirety of existence, one and omnipresent.

Like is like; like sees like; like has like. Nothing "unlike" like is, sees or has like.

Oneness is all there is; and because oneness is awareness, God, consciousness, spirit, truth, only Awareness Itself is, sees and has the life it is, the health it is, the love it is, the abundance it is, the peace it is. Fulfillment is Awareness Itself.

If we are aware of a thing, it is Awareness Itself. This is never untrue. If we are aware of a thing, it is Awareness Itself.

However, if we believe that the "thing" we are aware of is separate and different from Awareness Itself, that it, or he or she, is an entity in and of its own self, then we "fog" or degrade our experience of the fullness, life, beauty, peace and harmony of the thing or the have established thy kingdom upon Israel [have dissolved the fog of belief in you, so that you may see and experience clearly] for ever." (1 Samuel 13:13)

We have been unwitting fools—believing in "otherness," in God "and"—thereby withholding the light which is itself the presence, substance, form, function and visibility of all, from our experience.

"The foolish shall not [be able to] stand in thy sight." (Psalm 5:5)

We inflict blindness on ourselves because we "foolishly" (unwittingly) separate God and I, God and body, God and form, God and activity, God and amount, God and place, God and objective or worldly fulfillment.

I watch even the most seasoned spiritual devotees—true lovers of God—do this very thing and then wonder why they are not having the God experience. I used to be one of them until the pain became so great and the fear so unrelenting that I couldn't stand it any longer. Finally, after seven years of unwitting self-inflicted blindness, I gave up "me," the fool, the idol maker, the personal self who "shall not [be able to] stand in thy light [have the light of truth being and seeing its kingdom as and "through" me for the good of all in my consciousness]."

The moment "I" was gone, God was tangible.

Only in true identity—a nothingness of personal self, aware of literal oneness and omnipresence "inside" and "outside"—do we discover our ever-present good in all its forms and ways.

True identity filled and satisfied is itself true form filled and satisfied.

Intangible v. Tangible

The moment "I" was gone, God was tangible.

Ever since "time began," the scriptures and spiritual teachings of the world have defined God as being intangible to us, *but it is we who are intangible to God.*

Reality cannot be intangible to itself. To believe so would be cockamamy. God is the only reality; therefore God is the only tangibility. Equally, God is the only reality; therefore God is the only presence, substance, form, amount, action, function and visibility.

If we believe that we or the people, things and conditions that constitute our world are separate or different from God, we make our senses of self and experience intangible to God. The instant we are intangible to God, we do not and cannot have God, wholeness and harmony.

God is, sees, and has only itself because there is none other. If, by belief, we make a sense of "otherness," we have separated ourselves, in sense, from God; we have made our-upon you, for or against you. All that you experience is wittingly or unwittingly self experience.

Be true self by making a nothingness of the "personal you." Drop all personal sense of self—to the ultimate degree. Lovingly obliterate "yourself."

Make sure nothing is left. Become incapable of taking thought for your life, even of taking thought for truth. Truth already is; it does not need your or my thought-taking for it. It simply needs our awareness of it; better stated, we need our awareness of true identity and then yield to that identity. We need to make of ourselves a god, an impersonal self, a nothingness of self.

Be the absolute most humble, the meekest, a vacuum of self—the vacuum that "God abhors."

In and as our absence, God is present. In making ourselves a nothingness, all that God is and has is tangibly ours.

All Is God

All is God.

And what is God? Self-present, self-maintained, self-complete, self-evident, visible and tangible good—life, love, harmony, peace, abundance.

God is omnipotent and omniactive, omnipresent, omniscient good "inside" and "outside."

All is God without exception.

Therefore, all that presents itself to you is God; therefore, that which presents itself to you is entirely *of* God, despite appearance, therefore, all is self-present, self-maintained, self-complete, self-evident good.

However, God is consciousness and exists as infinite individual self as you, as me, as all people. The presence of God is the presence of you; the presence of you is the presence of God, yet, let us never forget, "the Father is greater than I".

Because God—therefore you and I—is consciousness, it is only by our individual act of

God consciousness that all is self-evident as God, good.

Without your and my conscious awareness of the presence and form of God as all, inside and outside, there is no self-evidence of God in our world.

You are the God-self that "enables" or "releases" the inherent God activity or God evidence within all that presents itself to you; and I am that of all that presents itself to me.

Without your or my God presence, there is none; without the fulfillment of your or my true identity, there is none objectively witnessed. The "cause" and the "effect" are one. Without one the "other" cannot be; without "the other" the one cannot be. All is one and inseparable; all is one and the same. We cannot divide and separate without experiencing the pain and suffering such division and separation causes in sense, therefore in mind, body, thing and condition, individually and collectively. We cannot gatecrash a bad party and experience anything but bad.

Be a god as and for all, "within" and "without." Then—only then—you have and you see the God evidence within and without, because "one" and the "other" are the very same entity.

You Can Only Evidence Outwardly What You Already Have Inwardly

We have just heard that—

Because God—therefore you and I—is consciousness, it is only by our individual act of God consciousness that all is self-evident as God, good.

Without your and my conscious awareness of the presence and form of God as all, inside and outside, there is no self-evidence of God in our world.

You are the God-self that "enables" or "releases" the inherent God activity or God evidence within all that presents itself to you; and I am that of all that presents itself to me.

This is saying what the Master gave us in a few words—

"I and the Father are one . . . but the Father is greater than I."

And, in Miracle Self vernacular,

I and Awareness Itself are one, yet Awareness Itself is greater than I.

Awareness and form are one, yet awareness is greater than form.

The inner and the outer are one, yet the inner is greater than the outer.

Cause and effect are one, yet cause is greater than effect.

Now realize:

You can only evidence outwardly that which you already *have* inwardly.

you." (Luke 17:20-21)

The apparent "outer" is simply our objective, magnified sense of the "inner," shining through our individual lens of awareness or belief.

Whatever our individual lens consists of, there that thing appears to be as, to sense, its "outer" image and likeness.

To put it simply, if I wear pink eyeglasses my whole world appears to consist of various degrees of pink. But you know there is no pink world; the world is as it always has been. I am making it appear pink because I am experiencing it through pink eyeglasses. The pink is not out there, but here, in me.

When we have cleaned our windows of belief in separateness and difference from God, then the "I" of us has no personal self, no belief-influence. It is transparent.

It has nothing of its own self. Then, just like Malachi's windows, God shines through as its image and likeness, and all is very good.

Do you see it more clearly now?

You can only evidence outwardly that which you already have inwardly.

We must make sure that what we have inwardly is God itself as our entire "inner" and "outer."

The image and likeness is then automatic and infallible.

Inner Is Outer

You can only evidence outwardly that which you already have inwardly.

The cinema can only evidence outwardly what it already has inwardly.

The sun can only evidence outwardly what it already has inwardly.

The flower can only evidence outwardly what it already has inwardly.

Math can only be evidenced outwardly as the math you already have inwardly.

Aerodynamics can only be evidenced outwardly as what aerodynamics is and is adhered to inwardly.

You can only evidence outwardly what you already have inwardly.

many objects of good, we fail.

An object of good is merely a personal, finite sense of Awareness Itself—like a patch of sunlight on the wall. If we did not know that the patch of light were actually the sun itself, we would grow to love the patch and desire many more in many guises.

We would seek more patches of light in themselves. And we would fail to get them. The patch of light is not an entity in itself; it is an effect alone; an image without its own substance, form or visibility. As we search for what the patch truly is, we discover that the sun is the patch's substance, form and visibility. The source, the sun itself, is the only entity, which appears in sense as the patch.

We can only have a real thing. Obviously, an unreal thing is unobtainable. Only the real can be realized; only an actual entity can be experienced.

Hear that. Only an actual entity can be experienced. All experience—everything experienced, despite its appearance—is God, the one entity, the one reality. But belief disguises or distorts or fogs our sense of it. The fact that all is God, good, despite appearance, is the reason we must never attempt to change even "appearance." As we heard in class recently, if we attempt to change appearance, we obviously believe the appearance is bad, real in itself, and can hinder, harm or kill us. On the other hand, if we believe the appearance is good, we make no attempt to change it and probably make effort to gain more of it. Isn't it fascinating what reaction mere appearance causes in us?

Objective health, wealth, love, peace, harmony, freedom are all effects—like the patch of light on the wall. If we seek them in themselves we fail to "get" them.

But the minute we truly seek what they actually are, we have an infinity of the full and wonderful effects ever available to us as us and our world.

The One is all; the One constitutes all.

Awareness Itself is the One.

Heaven and Earth

Your individual Awareness is itself your individual infinite, unconditional, invariable, indivisible, inseparable good.

It is all that God is and has.

God is Awareness Itself; Awareness Itself is that which we have named God, the very substance and presence of perfect existence—"heaven and earth and all the host of them."

Awareness Itself is your instantaneous refuge, "the secret place of the most high"; your real and practical protection from all that could ever threaten or hinder you; Awareness Itself is itself your life, health, supply of all and abundant resource, love, peace, harmony, safety, home, family, friend, happiness, freedom.

If you find yourself, to sense, in want of any of these, if there seems to be an absence or insufficiency of any category, condition or amount of good in your immediate experience, turn to what all good or truth actually is—Awareness Itself—rather than the objects of good "themselves." Seek and open yourself to a greater awareness of Awareness Itself. Make Awareness Itself more real to you, more substantial, more practical. Fill yourself so full of awareness of Awareness Itself that you are more aware of it than anything "else."

Like the color and flavor of tea permeating the water in the cup, allow Awareness Itself to permeate your mind, body and world.

Objects are nothing of their own selves (like patches of sunlight on the wall are nothing of their own selves).

Awareness Itself is itself all and visible good. Awareness Itself looks like your and my individual fulfillment of person, thing and condition when we remain in and of it alone—when we know, live as, seek and rely on it itself alone rather than the objects themselves (our objective sense of Awareness Itself).

The moment we truly know this truth, trust it, and literally live by it and nothing else—as we make Awareness Itself "the substance of things hoped for, the evidence of things not seen"—we no longer hope because

we have, and we no longer live in blindness
because we see clearly.

That Which You Are Aware With

Gently become aware of Awareness Itself—the substance you are aware *with.*

That which you are aware *with* becomes an infinite variety of conceptual experiences, forms, of people, minds, bodies, objects, shapes, colors, fragrances, amounts, places, conditions, activities—all that constitutes "this world and universe."

Each form in itself is finite, local, objective, definable to or as sense.

But the Awareness we are aware with is infinite, omnipresent, indefinable, invariable, eternal: God.

It is the infinite ocean of omnipresent awareness of which every experience is formed. Each moment of experience, and all that that experience constitutes, is temporal, finite, local, conceptual—individual and unique to you and to me. It, of its own self, is nothing; it is imagery only, formed of the ingredients of each individual's awareness.

The more God (Awareness Itself) we are

aware of, the more God (good) our conceptual experience (our world) has in it; the more belief we are aware of, the more belief (good mixed with bad) our conceptual experience has in it.

Fill yourself with the awareness of Awareness Itself. Then rest, relax and freely receive. In silence, *feel* and bear witness to the activity of God as your unfolding all-of-all good.

Effective Seeking

True, effective seeking is to seek Awareness Itself *as it alone is.*

Loving God is to seek and to be satisfied with God alone, as God is.

Loving truth is to seek what truth is, as truth alone is.

Only as we seek Awareness Itself as it is can we be satisfied and confident that we are seeking truthfully and with unfailing effectiveness; that we are truly and honestly loving God—loving God as naked self, a self clothed with no other wanted thing or condition, no other need or desire, no other hope.

In fact, seeking God as "naked self" is a wonderful way to describe the state of being we have to be in order to pray effectively, meditate effectively, sit silently effectively; to make sure we are "asking in my name" so that we shall receive whatsoever our fulfillment is and the visible effect of it that we describe as our worldly fulfillment; to make sure we are making ourselves visible to God.

The Lens of Sense

Only God or Awareness Itself is.

Our objective (world, universal) sense is sense alone and does not make objects out of God any more than a purple colored lens placed in front of the sun makes purple objects out of the sun. The lens gives us a purple effect, but the effect does not change the sun.

Even as we experience what seems to be finite purple, or a purple object, we are actually experiencing nothing but the presence of the sun.

Without the sun, the effect cannot exist. Known as an effect brought about by a purple colored lens, the purple is as infinite as the sun.

Without the sun the purple effect cannot exist. Yet, recognized as a simple effect in the infinity of sunlight, the purple is as infinite as the sun. In other words, the purple and the sun are one, yet the sun is greater than the purple; and the sun is entirely unaffected by the purple effect; in fact, the sun knows nothing of the purple.

The two commandments from the Master, which supersede all other commandments and wisdoms given by every other sage or seer throughout history, are "Love God with all your heart, all your soul, all your mind, and all your strength"; and the second like unto it, "Love your neighbor as yourself."

Love God as God is, not as God seems to be through objective sense.

And, in exactly the same way, love your neighbor, your everything everywhere, as yourself, as the very and whole presence of God or Awareness Itself.

Is this helping to clarify the meaning and practice of these two greatest of all universal secrets?

I and the Father are one, yet the Father is greater than I; and in fact, the Father knows nothing of the personal I that I sense myself and my objective world to be.

We must make ourselves and our every object of sense tangible and visible to God, to Awareness Itself.

God, Awareness Itself, has no personal you or me in it, no object in it, no time and space in it, no cause and effect in it. If we seek the objects and conditions of sense in themselves, we fail, just as we fail if we seek the color purple as a separate, independent entity.

If we believe in separate, independent objects and conditions and seek them in themselves, we are invisible to Awareness Itself. We are keeping ourselves and our world intangible and invisible to God in the very midst of the infinity and omnipresence of every good—more good than we and our world could ever need or find ways to use.

Awareness Itself knows nothing of personal selves, nothing of things or conditions, amounts or circumstances. Awareness Itself is

The Substance You Are Aware *With*

Come to Awareness Itself; become aware of the substance that you are aware *with*.

Come to the "secret place of the most high," which means "the most Awareness Itself, the most pure."

Do not use Awareness Itself. It cannot be used, and it doesn't need to be. It already is all—the truth, the infinity, the utter good of all.

Do not attach to an object, a condition, a place, an amount; do not want anything from Awareness Itself. Be satisfied with Awareness Itself as the fullness and completeness of the "inner" and "outer" experience. There is no other or different or greater or more instant or more visible or real and practical good to get than getting Awareness Itself.

The one is the all, that all being all good, utter and immediate fulfillment.

Love Awareness Itself with all your heart, all your soul, all your mind and all your strength—so deeply and completely that you never want anything from that love; you never want a single thing from Awareness Itself.

Your love is unconditional, self-complete, self-fulfilling.

When we love Awareness Itself so deeply and unconditionally; when we want nothing but an ever greater living experience of Awareness Itself just as it is in all we are and do—as the one fulfillment of our "inner" and our "outer"; when we truly and honestly "abide in me, and I in you" and have no "other" that we abide in, or want abiding in us, as any type of reality, we discover that abundant fruit becomes visible to our senses, and favailable or our every use and ceaseless giving.

"Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned. If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

As the Father hath loved me, so have I loved you: continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."
(John 15:4-11)

The Substance of Sense

If we separate a thing from ourselves in sense, we separate it in experience.

When we live oneness in sense, we have oneness in experience.

Sense and experience are one.

If the substance of sense is belief, the substance of experience is belief, separation—twoness—good v. bad. When the substance of sense is God, the substance of experience is God, one, good.

Establish Oneness Within

Establish the truth of oneness within yourself.

This is an everyday work, a moment-by-moment work, a constant meditation, an ever-active realization within you.

The more living oneness you have within, the more tangible oneness you have without.

That which we are within—as actual, realized self—we have, see, without.

Like the mirror image, the only form we see and have as our "outer" body and world is what we are being within.

Never forget, the entire "outer" is effect, whereas the entire "inner" is cause. The fruits of effect come entirely by the fruits of cause.

Cause and effect are one, but cause is greater than—is the very form of—effect.

With oneness established within you, look "out" and act as the substance, form and fulfillment of oneness.

With "inner" and "outer" oneness, you never sense separation, need or want. Even when sense testimony presents sick, separate or discordant pictures, your living "inner and outer" oneness ignores such falsity and walks right through it. Staying in realized oneness, you are the presence (cause) of oneness as all effect (body and world good).

"Where the spirit of the Lord (oneness) is, there is liberty."

Reality of Oneness

When the reality of oneness, omnipresence, registers within you, you never again look "out" and believe the pictures of separation, discord, disease, lack or limitation; neither do you believe the pictures of good in themselves.

And because the "inner" dominates the "outer"—the inner is greater than the outer; the cause is the effect—your realized oneness is the harmonizing and completing influence over, or as, your world picture. Person, thing and condition are revealed as whole and good where realized oneness lives within and without.

Only, release the outer so that the inner is free to live and move and have its being as outer imagery.

We cannot have "both." "Choose ye this day whom you will serve."

We cannot hold onto and make effort for the outer and have God too—not because believing and holding on is wrong, but because it breaks the law, the reality, of oneness in individual experience. It is like attempting to fly while anchoring ourselves to the ground. It is an impossibility; and so is evidencing the true good of the outer an impossibility while we continue holding onto it.

If we have "two," we do not have one; if we have one, we do not have two; therefore we do not hold onto the "second," the outer.

If we hold onto outer sense, believing it itself to be real and in need of help, it is as if we lock oneness inside of us rendering it incapable of revealing itself as our outer.

Unwittingly, even we as good spiritual students have made a lifetime prisoner of oneness by our holding onto the outer. We can know and even feel all the truth there is, but it cannot evidence itself as the outer if we continue holding on.

"Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven."

Even as long time spiritual students, we remain infatuated by the outer.

We still believe in its reality. We still want God for outer good; and if or when we get it we take a break from our God effort.

The outer is just a picture of the inner state of being. We must shake ourselves awake from the hypnotized state, to live our true identity.

We must "love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength." We must love the "inner" with every breath of us; we must make our very existence the glorification, evidence, fruits of the inner reality so that all who touch our consciousness may see and experience the freedom of the reality of the inner being the outer, and the outer being nothing more than the effect of the inner.

In realized oneness within and without, we release the outer. There is no longer any reason to hold on; there is no separate, different, personal person, body, thing or condition.

There is only God, oneness, Awareness Itself.

The moment we have released the outer in the realization of oneness, oneness is set free as the outer. Now the outer is able to say, "I live and move and have my being in God [oneness], and God lives and moves and has its being in me."

Then God "sees everything that he has made, and, look, it is very good."

the personal self who believes in existence separate and different from God.

Which will we each choose this day?

If the physical sense of body is sick, injured, old or decrepit, we have to choose whether we will remain bound to it as it seems to be, therefore making a prisoner of its ever-present truth in our experience, continuing to struggle for its health and eventually failing and watching it die; or whether we will release it of itself, in the realization of oneness, and thereby watch its truth become perfectly and beautifully evident to our sense forevermore.

The same is true with supply. If the material sense of supply is lacking or limited, if there is a continual struggle around money, opportunity and success, we have to choose whether we will remain bound to supply as it seems to be and thereby continue to struggle; or whether we will release it of itself, in the realization of oneness, and thereby watch abundance become perfectly and naturally evident and practical to our sense forevermore.

The same is true with relationship. If the human sense of relationship is discordant, if there is difference, disagreement and argument, we have to choose whether we will remain bound to the human, personal sense of being and relationship in itself, and thereby continue to struggle in love and harmony; or whether we will release it of itself, in the realization of oneness, and thereby behold love become perfectly and naturally evident as our sense of relationship forevermore.

Remember, every person, thing and condition we are aware of is Awareness Itself, God. If we attach ourselves to what seems to be these, we make a prisoner of their truth in our experience. We cannot have "both" God and separate person, thing and condition. But the moment we release all sense testimony as being real in and of itself, we release its Godness in our experience, and the miracle of true and unconditional good becomes evident and real to sense.

God is free in us because we released it in experience.

Every moment, ask yourself, “Am I imprisoning God in my experience by believing sense testimony, therefore binding myself to good and bad, limit, lack, struggle and pain? Or am I releasing God here and now by releasing everything of sense, therefore freeing God to present itself to me as its miraculous self is?”

Before You Call, I Will Answer

How wondrous and assuring it is to hear from Isaiah, "Before you call, I will answer; and while you are yet speaking, I will hear"; (Isaiah 65:24)

And the Psalmist's "He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honor him." (Psalm 91:15)

And Jeremiah's "Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not." (Jeremiah 33:3)

How freeing, how comforting, how confidence-making these assurances are—the one, almighty presence and power . . . the might of the entirety of existence itself . . . the finished kingdom of the heavens, the earth and all the host of them assuring us that before we call, before we even notice that the tiniest form of our fulfilled experience seems
lacking or discordant, "I will answer"; even "while you are yet speaking, I will hear."

The kingdom of perfect good is the one reality. None other exists.

We have been taught to believe "ten thousand things" about the one reality, but not one belief is true, nor does it show us the tiniest glimpse of reality.

The slightest touch of God consciousness—the slightest ray of God light entering individual awareness—reveals instant, indescribably perfect and fulfilling life, love, abundance, peace and harmony as every immediate scene and experience.

Such is described in the account of the woman who touched the hem of the Master's garment. One touch entirely healed her of a serious blood issue.

"And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment: for she said within herself, If I may but touch his garment, I shall be whole. But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour." (Matthew 9:20-22)

Last night, I noticed that the movie *Men In Black 3* was playing on television. It is a wonderful movie, filled with truth metaphor. As I turned on the TV to watch it, my favorite scene was playing in which Griffin was standing in the stadium cheering a baseball game that agents J and K could not see. To their consciousness the baseball stadium was dark and empty. No game playing, no fans filling the stadium.

Griffin notices their bewilderment and lovingly reaches an arm over each agent, and instantaneously they are filled with the light of his consciousness.

The stadium lights up and they see the game in full swing, with thousands of fans cheering on their respective teams. Griffin looks lovingly at each agent as he watches them wake up and gain understanding.

It is a touching, magical scene. The film is full of them, and wonderfully depicts the experience of a touch of God consciousness.

Just a touch—a small, momentary touch of the infinite, all-present, all-giving love—transforms, saves, heals.

Time is not involved, process is not involved, changing one's behavior is not involved, repairing one's past is not involved. All that is needed is trust, or faith as the Master termed it.

Just trust; just have faith that God is true. Then be still, and let the touch of God fill you with love and light, and you will see.

Whatsoever Ye Shall Loose on Earth

"And he that was dead came forth, bound hand and foot with graveclothes: and his face was bound about with a napkin. Jesus saith unto them, Loose him, and let him go." (John 11:44)

The secret of the dead coming forth? Of loosing him and letting him go?

"Whatsoever ye shall loose on earth shall be loosed in heaven." (Matthew 16:19)

The Master's instruction to "Loose him, and let him go" is to us, to loose all of the belief in separation and difference from God that we have held onto. Loose all now; let all go now—knowing that all is actually God.

We must loose the entire world in itself and rest in God consciousness.

There, in the "secret place [the secret awareness] of the most high," we have all as God.

Like agents J and K touching the hem of Griffin's consciousness and instantly receiving his vision, we are filled with the visibility and reality of God as all as we loose all and let it go.

The very act of loosing all and letting it go is the act of God becoming visible and real to, as, us.

A Universe Within the Universe

There is a Universe within the universe.

The true Universe is pure God—spirit and truth; infinity, omnipresence, omniscience, omnipotence; the finished kingdom of heaven, earth and all the hosts of them; utterly good, divinely perfect, fulfilled existence.

The perceived universe is "also," or one with and as, the Universe within.

If it is believed to be an entity in itself, it is experienced as human, mental, physical, material; constituted of finiteness, separation, difference, opposing powers and ideas; good and bad; birth and death.

Known and lived as *it is,* free of belief, it is experienced as the light lighting all experience. Every object of awareness is illumined, witnessed as God is—healthy, wealthy, loving, harmonious, peaceful, purposeful.

The Universe within is the one truth of all of existence. It is Awareness Itself.

Seek Awareness Itself; rest in the finished kingdom of Awareness Itself; let Awareness Itself live you by releasing "personal" self and earth; behold Awareness Itself being the fullness of itself as you, your mind, your body, your world.

You are then experiencing "earth as it is in heaven"—objective sense as it is truthfully.

Greater Light Within

The Universe within is the one truth of all of existence. The Universe within is Awareness Itself.

Seek Awareness Itself. Trust that Awareness Itself is the only reality, the already established, perfectly finished good, God, of all of all—your individual all-of-all good and that of every person, thing and condition in your awareness.

Seek Awareness Itself—pure and exclusive, without person, thing, condition.

Seek the essence itself, the before-form or before-perception presence that is Awareness Itself, God or consciousness or presence itself).

Form is simply objective perception of presence. Release the objective perception in itself, and seek presence itself.

Think not in terms of people, things, places, conditions, amounts. Think of presence itself. Realizing all as presence instead of thing expunges objective belief from our awareness.

Then, instead of "person, body, thing, condition, amount, place," we simply have presence, without name or definition.

As we observe any form, we know it and feel it simply as presence.

We do not define it, we do not attach belief to it, good or bad. We simply have presence.

In the awareness of presence devoid of belief, we are free of attachment.

If we know and feel all as presence there is nothing for us to believe about it.

Presence simply *is.* We have become more aware of presence than of thing; therefore we are free of thing. We are empty and receptive to behold a greater "amount," we have a greater awareness of presence. We have turned to the "light of the world" itself, and are, therefore, open and receptive, available, to a greater amount of the light.

Our awareness of presence instead of thing makes this possible.

The "greater amount of light" happening in us reveals itself as a greater measure of the infinite good of all presence. Presence illumines in sense when we sense presence instead of thing; and because presence is infinite, omni-good, God, all presence, to sense, is filled with boundless greater good.

As in the Master's metaphor of the vine, when our awareness of presence is observed as a "vine" (instead of being fixated on the thing—the vine in and of itself), the true vine is released to reveal itself as being filled with abundant fruit no matter what season world sense believes it is.

The greater light in us is itself the greater measure of fruit witnessed on the branches of the vine.

Know all as presence rather than "thing." "Seek the kingdom of God" rather than the kingdom of things. Then "all these things [abundant good] shall be added unto you [shall become visible and real as the good of all categories of your life]."

Among hundreds of ways this truth is described in the scriptures of the world, are these:

"He that understands a matter wisely [understands form as presence] shall find good; and whoso trusts in the Lord, happy is he." (Proverbs 16:20)

"He that trusts in his riches [trusts "things" in themselves] shall fall: but the righteous [those who are aware of Awareness Itself, presence itself, the kingdom of God itself] shall flourish as a branch." (Proverbs 11:28)

"I faint, unless I believe to see [unless I am aware of] the goodness of the Lord in the land of the living [the reality of presence itself as all sensed form]" (Psalm 27:13)

"The Lord [presence itself] helps them, and rescues them; he rescues them from the wicked [from belief], and saves them, because they have taken refuge in him [in Awareness Itself, in presence itself]. (Psalm 37:40) mines experience.

Our greater awareness of Awareness Itself is itself the greater good we experience in every category of life.

Let's take the body.

The sense of body that we have unfortunately defined as being "physical" is the full, eternal presence of God, individually sensed or perceived as "body." The Body within the body—Awareness within awareness—is forever whole and healthy. It is the presence of God in which there is no otherness at all, and no variation at all.

We must stop "separating" the "physical" from Awareness Itself or presence itself. The only body is the God body, the Awareness Itself body, the presence body. Switch allegiance from the physical to presence itself or to Awareness Itself. Release the "physical;" stop believing it to be reality. It has never been real or true in itself; therefore it has never been able to be real or true for you. It itself does not possess the ability to be healthy, vital, beautiful, and timeless any more than the mirror image in itself possesses this ability. Nor, we should remember, does the physical itself have the ability to be sick, tired, disagreeable, aged or dead.

The "physical" is belief alone, "powered" by belief alone, imprisoned by and subject entirely to pairs of opposites.

Realize that only Awareness Itself is true.

Think of, realize, the body as presence instead of physical.

Now release the "physical." Bring all of your awareness to presence—Awareness Itself. As you are aware of Awareness Itself, released from the physical, you are "connected" to the true body. You are empty and free to experience the true body "shining through" as objective body sense. Your senses are immediately infused with presence itself and quickly detect the "physical" as healthy and vital.

The more light we have in us, the more illumined our objective sense is.

Only do not "separate" the "two."

Release the "physical," and in releasing it, you release the true presence of body. Your awareness is clear and free, and filled with the light of Awareness Itself. But do you see how the light cannot get "through" if we are still attached to the "outer"?

Released from the "outer," our senses are filled with truth, and all is experienced as very good.

Nothing has "healed" the "physical," even though it appears to so.

Sense has been filled with truth, enabling all to be the experience of the true (the true mirror image).

Seek the Incorporeal Within the Corporeal

Seek the Universe within the universe—the incorporeal within the corporeal sense. This is the one true seeking—the "straight and narrow path" of seeking—which few travel.

Sense does not require our consideration. "Take no thought for your life." When we have no concern for the corporeal in itself, and immerse ourselves in the incorporeal as being the literal one reality objectively sensed, we discover the secret of the universe.

The more incorporeal we are being, inside and outside, the more corporeal good fills our experience.

All Power

All power is, and is in, the incorporeal—the Universe within the universe, the Being within the being, the Body within the body, the Thing within the thing, the Amount within the amount, the Relationship within the relationship, the Cause within the effect.

Only God is; only the incorporeal is. The corporeal—the human being, the mental mind (including all thought, all definable awareness), the physical body, the material thing, place, amount and condition—is effect alone.

No power or faculty exists in effect.

Seek the presence within the effect, the presence that is the one and true power, substance, form and visibility of effect.

Seeking effect in itself is, at best, a finite moment, form or condition of temporal good, with a guaranteed eventual opposite. At worst, it fails immediately and ongoing and brings with it much needless pain and suffering.

The fullness of cause—the one true power and ever-visible and tangible presence of God (good)—exists "within" the entirety of all "outer" being and form. Seek it; rely one hundred percent on it; live and move and have your being in it; and most importantly, live and rely on the life of meditation and silence, for only through meditation on God *as God is,* never for anything of outer sense, are you "connected" to the one power and presence, and only through utter silence and receptivity is the one power and presence able to live itself as "you," and fill your senses so that you see clearly.

The one power and presence can only do for you what it can do through you.

"Ye shall seek me, and shall not find me."

Seeking effect in itself (which, remember, is anything we can name or define; anything of sense itself) is, at best, a finite moment, form or condition of temporal good, with a guaranteed eventual opposite. At worst, it fails immediately and ongoing and brings with it much needless pain and suffering.

The one power and presence can only do for you what it can do through you.

"Ye shall seek me [truth], and shall not find me [because you seek God in, and for the benefit of the physical and material; but these are just sense, just 3-D imagery, not actuality]: and where I am [pure God consciousness or Awareness Itself], thither ye cannot come [while you remain in the human picture, wanting good things and conditions in themselves instead of seeking that which all actually is, which is Awareness Itself]." (John 7:34)

We are each the presence of God on earth, as earthly—objective—sense.

"I and the Father are one. . . . I am that. . . . All that I have is yours. . . . He that sees me sees him that sent me." (John 12:45)

God does not exist anywhere but right here, as you. God is Awareness Itself.

Your awareness itself is what we call God. Where does your awareness exist, but right here? Where is your awareness happening, but right here?

Therefore, all that God is and has is fully happening right here as you, as your awareness itself, inclusive of all that you are aware of.

Your awareness is the only awareness in your universe; your awareness is the only awareness happening as your universe.

None of awareness exists separate from you, apart from you, different from you.

You may ask, What about Paul's awareness? What about Jim's, Mary's, Peter's or Jane's awareness? Without your awareness can you prove that Paul, Jim, Mary, Peter or Jane exist? Can you prove your home exists, your family exists, your neighborhood exists, your world exists? Can you prove things exist, conditions exist, places exist, amounts exist?

No. Your awareness is the only awareness in your universe; your awareness is the only awareness happening as all that your universe is and has and is doing.

In other words, God does not exist anywhere but right here, as you; and God is Awareness Itself.

Now think. If you go to God for anything whatsoever you instantaneously fail before you begin. There are two reasons for that failure.

One, to go to God to get something, you must believe you do not already have that thing. To believe you do not already have all that God is and has is to cause instantaneous separation in sense from the very thing of your fulfillment, and from its visibility and tangibility right where you are.

Two, to go to God for something means you believe that there is a God outside of you, separate from you, different from you; a God that has more than you do; a God that can intervene and fulfill your affairs; a God with greater power that can influence a lesser power; a God with good that you do not have, and a mystical way of delivering it to your personal experience as long as you pray aright, meditate aright, make of yourself a sufficient vacuum for this God to fill with the form of your need or desire.

"Ye shall seek me, and shall not find me."

If we go to God for a thing, a condition, a place, an amount, we have not yet awakened to our true identity. "Ye are gods." (John 10:34) We can kid ourselves that we are in God consciousness, but if we even once look "out" into our minds, bodies or worlds and believe that something is amiss, that we want or need anything whatsoever of betterment, happiness, wholeness, fulfillment or freedom, we are entirely of belief, human, material consciousness; and in belief, there is no God and none of God, truth, good, available.

The only God there is, is God itself being all that it is and has as you—as your Awareness Itself.

God—your infinity and omnipresence of

utter, unconditional and instantaneous fulfillment—can only do for you what you realize yourself as being.

The "amount" of good you can experience each day is the amount of God you realize yourself as being each day.

The amount of God you are being is determined by the amount of incorporeality you are being inside and outside. We cannot have an incorporeal God and a corporeal human and world.

If you perceive me as human, you are being corporeal. "Ye shall seek me, and shall not find me."

If you perceive a thing, a condition, an amount, a place, you are being corporeal.

"Ye shall seek me, and shall not find me."

If you sense a need or want for anything whatsoever, in itself, you are being corporeal.

"Ye shall seek me, and shall not find me."

And here is the trickiest devil of all: If you go to God to get greater God realization, you are being corporeal.

"Ye shall seek me, and shall not find me."

If we sense need or desire, even the need or desire "for God," by definition we believe we do not have that which we need or desire. That very belief in "have not" is itself that which separates us in sense from our very and immediate freedom and fulfillment. The sense of "have not" is the experience of "have not."

The secret is to know—even if "we" are insufficiently aware of it at any moment—that our Awareness Itself is God . . . is all that God is and has, inside and outside . . . is the entirety of infinity, omnipresence, oneness, wholeness, fulfillment and all it constitutes, inside and outside . . . is the visibility, tangibility and instantaneity of individual and unconditional, all good already exists, infinite good inside and outside . . . is the only God there is in individual experience.

As we know this truth, we yield to Awareness Itself and discover fulfillment.

We withdraw our sense attachment from all "outer" people, things and conditions, and come here within to the secret place of all immediate and visible good—to Awareness Itself. We know that "it is the Father's good pleasure to give us the kingdom"; we know that as we rest and relax, needless and desireless in and as Awareness Itself—thereby making ourselves empty and available, giving Awareness Itself the freedom to live itself as individual awareness—it is the pro-activity of Awareness Itself that fills our senses with the light of clear vision, and we quickly discover that we now see and have our all-good.

Our good in every detail, form and amount, is forever and already with us, closer than breathing, nearer than hands and feet, nearer than mind and effort. It is Awareness Itself which, when known as truth, sought and relied upon one hundred percent, is automatically and infallibly sensed objectively (the image and likeness, the effect of the cause) as the good "people, things, conditions, amounts and qualities" of this world.

lieve physical or material things, places, conditions, amounts, qualities to be real in themselves, we see only, we have only, what we are being.

There is no reality, no substance, no foundation to a physical or material condition, whether healthy or sick, rich or poor, happy or unhappy; there is no reality in structural things or conditions in themselves. This is why, if we continue to believe the body, thing and condition of sense, we fail in our attempt to experience God in or as or for them.

The mystical consciousness sees through that which seems to be. The universe within is visible and palpable to mystical awareness, so that the outer shell—the finite, material sense—is seen through, and the spiritual presence is as clearly witnessed operating as the sun in the sky is witnessed operating.

This is "the spirit of the Lord" that witnesses liberty.

This is what healing is; what true life and love are; what joy and fulfillment are.

The inner reality lived—which means Awareness Itself is living us, as the personal self of us "dies" and becomes a beholder, animated of God, instead of a thinker and doer—is the outer fulfillment experienced.

Make the Inner the Outer, and the Outer the Inner

The inner reality lived is the outer fulfillment experienced. The "two" are one; the inner is the outer, and the outer is the inner; yet the inner is greater than the outer.

The spiritual practitioner sees the presence and operation of spirit—the universe within—as the actuality of that which appears to "outer" sense as form and structure.

Because of oneness, and because the inner is greater than the outer, when the practitioner catches the inner sight of you, your "outer", your human you, physical body and material thing or condition, is healed. The practitioner has "died" to material sense, and sees the presence and activity of spirit being you and your body, being you and the things and conditions of your awareness. As soon as that vision is caught, you are whole and healthy.

There is no power in the outer person, body, thing or condition; and there is no power in the belief being held about these in individual or collective awareness.

The moment the spiritual vision is caught, the outer responds. It has no choice but to respond, like the mirror image, as long as it is not being held onto by the practitioner, and is sufficiently released in the mind of the patient.

The "healing" has taken place. God is seeing itself through the selfless state, the "window" of the practitioner's consciousness, and the outer is instantly whole and healthy.

This is what St. Paul describes as "dying daily"—being dead of material belief and alive as Awareness Itself. It is the "immaculate conception," the "birth" of the true person, body, thing, condition into sense, without physical means, and without physical means being able to produce such a birth, or detect it.

The immaculate conception, the palpable vision of the Universe within the universe, is taking place in every one of us every second—“It is the Father's good pleasure to give you the kingdom”—but we have to be "virgin"; we have to be pure of spirit; we have to be lifted out of human, material belief, seeking and receptive to the presence of God as God is, for God, to God.

Again, the minute we want God for a human condition or material world, we shut the doors of heaven from our experience.

God is, of course, infallible as itself, to itself, and for itself. The moment we bring "another" into the mix, even a single human, mental, physical or material thought or desire, we are being the "other"[1]; and now we have made ourselves and our senses invisible to God.

[1] "When you know yourselves, then you will be known, and you will understand that you are children of the living father. But if you do not know yourselves, then you dwell in poverty and you are poverty. (*Gospel of Thomas,* Saying 3)

"Love not sleep [human, material belief, the hypnotized state], lest thou come to poverty; open thine eyes [to spiritual reality], and thou shalt be satisfied with bread." (Proverbs 20:13) know yourselves, then you dwell in poverty and you are poverty. (*Gospel of Thomas,* Saying 3)

"Love not sleep [human, material belief, the hypnotized state], lest thou come to poverty; open thine eyes [to spiritual reality], and thou shalt be satisfied with bread." (Proverbs 20:13)

All Power Is in Spirit, II

Ponder this one truth today.

All power is in spirit; no power is in mind, body, organ, function, activity, thing, amount, condition, place, world in itself.

Take this truth into every fiber of your life, and see where you are believing in other powers, how you seek those other powers to do something good for you, how you expect good from person, thing, condition by "applying" or "knowing" truth about him, her or it.

Now again, bring to realization: All power is in spirit; no power is in mind, body, organ, function, activity, thing, amount, condition, place, world.

All Power Is in Spirit, III

All power is in spirit.

Even better: all power *is,* and *is in,* and is made visible and tangible by spirit.

No power is in mind, body, organ, function, activity, thing, amount, condition, place, world in themselves.

We have known of this truth, but we have not known it. How many times do we believe we know the truth and then get busy looking for love in and from a human being; looking for wealth in dollar bills or from business, investment or inheritance; looking for agreement and happiness in and from relationship, looking for peace and fulfillment in and from home, neighborhood, country, world?

Knowledge and form are one. "By their fruits ye shall know them."

Realize that there is one power, period; and that power is in spirit. Stop looking for any power in and from "another." Seek power in and from spirit, and let spirit live in you as itself, for itself, to itself to the point of you feeling full of spirit.

Then behold how the one power you are tangibly experiencing within presents itself as the health, wealth, love and harmony of outer sense.

Mind and Form Are Not Power

All power is, and is in, and is made visible and tangible as spirit.

No power is in mind, body, organ, function, activity, thing, amount, condition, place, world in itself.

Empty your house in order for spirit to live and move and have its being as you.

Prepare by lifting yourself into a god state of being in which there is nothing human, mental, physical, material in you; in which you have no desire, no need; in which you are ready to move out and let spirit move in.

Then sit—a nothingness, a window, an empty house—letting spirit live as itself, for itself, to itself; giving spirit the entire freedom of your house, to be what it is, how it is, for the reason it is.

Let spirit see for you, be for you, do for you; let spirit present itself as the forms of your day—the people, things, activities, amounts, conditions and places you experience.

Enter your day staying in spirit, realizing all as spirit, beholding that which spirit is.

In this way, watch the miracle of the day; and give and serve at every opportunity.

I Am walking by your side every step.

There Is None Beside Me

No experience other than that of power itself living itself as individual you and me evidences true good.

> I am the Lord, and there is none else,
> there is no God beside me:
> I girded thee, though thou hast not known me:
> that they may know from the rising of the sun,
> and from the west,
> that there is none beside me.
> I am the Lord, and there is none else.
> I form the light, and create darkness:
> I make peace, and create evil:
> I the Lord do all these things.
> (Isaiah 45:5-7)

Power Is Existence Itself

All is power *but not in and of its own self.* Nothing exists that is not the power of existence, of I, being the one power that powers all that we name, all the details of sense, all people, things, and conditions. Power is all; all is power, that power being the one and only existence—omnipotence.

Awareness Itself, spirit, is the one power; the one power is Awareness Itself, spirit, and besides the one power there is none else. "I am the Lord [Awareness Itself, the one power], and besides me there is none else."

All is the one power.

All that exists is, and in sense, world experience, is the power of the one power.

A person is, and is the power of, the one power.

Mind is and is the power of the one power.

Body is and is the power of the one power.

Love is and is the power of the one power.

Giving is and is the power of the one power.

Serving is, and is the power of, the one power.

Sharing is and is the power of the one power.

Thing is and is the power of the one power.

Condition is, and is the power of, the one power.

Place is and is the power of the one power.

Amount is and is the power of the one power.

Color is and is the power of the one power.

Scent is and is the power of the one power.

Sight is and is the power of the one power.

Sound is and is the power of the one power.

Taste is and is the power of the one power.

Touch is and is the power of the one power.

Shape is and is the power of the one power.

Structure is and is the power of the one power.

Size is and is the power of the one power.

Weight is and is the power of the one power.

Height is and is the power of the one power.

Thought is and is the power of the one power.

stant?

Only we as *believers.*

In God consciousness—in Awareness Itself—there is only God; belief does not exist. No "other" or "otherness" exists.

All is God; therefore God need never be sought. Why would we seek God if God already is, and is the only? What do we need God for when God already is all?

> I am the LORD who made all things; who stretched out the heavens alone; who spread out the earth by myself; Who makes void the signs of the diviners and despises their divinations; who turns wise men backward and makes their knowledge foolish; Who confirms the word of his servant and performs the counsel of his messengers: who said to Jerusalem, You shall be inhabited, and to the cities of Judah, You shall be built and I will raise up the ruins thereof.
>
> (Isaiah 44:24-26)

Silence

Only in utter silence, in our nothingness, wherein the one power is free in us to live as *it* is, to fill every place of consciousness with *itself,* is truth visible to sense.

Utter silence is the only true being, the only true body, organ and function; the only true thing and condition, the only true visibility and tangibility.

Power sees itself, spirit sees itself, God sees itself; God is its own evidence.

Nothing other than God itself sees God, sees truth, sees health, harmony, abundance, love, peace.

Only in and through the silence, in the void—in the "darkness" as it is referred to in scripture—are we able to behold God seeing as us, God being as us; are we able to behold God as the body of eternal life, vitality and purpose as our body, and as every true thing, condition, amount and place of our sense.

Intellectual silence, in which "we are busy," getting on with our days' activities while knowing and even feeling the presence of God, is not it. We have to have periods throughout every day in which we are totally devoted to God itself, being itself as it is as "us" and as the worlds we behold.

Our devotion to God is measured by our absence of personal self, and if absent, then nothing—empty, void, a vacuum.

Only when we are absent is God present. Never forget this. If our houses are still occupied by "us" there is no room for God. God is not a co-inhabitant.

It is either one hundred percent God or none. We cannot fit God's presence "and ours" into the same space at the same time.

We have to give up our sense, and make room for God sense to be what we sense, what we behold.

God sense is power, the power of the silence, the power that pours "out of" void, the darkness.

> In the beginning God created the heaven and the earth. And the earth was without form,

and void; and darkness was upon the face of the deep [the silence of being, the nothingness of personal self, empty, nothingness, a god state of being receptive and fertile to God]. And the Spirit of God moved upon the face of the waters [the spirit of God, the one power, moves across the face of the waters—*waters* meaning awareness or consciousness]. And God said, Let there be light: and there was light.

And God saw the light [God saw the light; you and I cannot see; only God is, therefore only God sees], that it was good: and God divided the light from the darkness [this is the seeming difference between inner and outer, between ethereal and palpable]. And God called the light Day [form, or earth, or flesh, or matter], and the darkness he called Night [the silence, the nothingness, spirit, God, Awareness Itself]. And the evening [spirit, God, reality] and the morning [form, earth, flesh, matter] were the first day.

(Genesis 1:1-5)

Oneness Experienced

All true experience is and is in Awareness Itself, God; and is made visible and tangible only by Awareness Itself, God.

All power is and is in and is made visible and tangible only by spirit.

The reality, visibility and tangibility of truth are "made real" in experience by or as God itself (Awareness Itself) because only God itself (Awareness Itself) is.

If there were something "else," then maybe it would have the ability to bring God, good, forth. But there is not anything "else." Only God is; only Awareness Itself is.

With this truth in mind, let us meditate deeply today with the following scriptures. Herein lies the entire law or principle of oneness tangibly and visibly lived and, therefore, experienced.

The two great commandments from the Master:

> Thou shalt love the Lord thy God with all thy

heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself. (Luke 10:27)

And the same, elaborated, from Moses:

"God spake all these words, saying, I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage.
Thou shalt have no other gods before me.
Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and shewing mercy unto thousands of them that love me, and keep my commandments.
Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.
Remember the sabbath day, to keep it holy.

Six days shalt thou labor, and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee. (Exodus 20:1-26) harmony, with the infinite ever at hand.

Concepts are entirely the product of belief. No concept exists without belief being its root. God is itself alone; God has no concept in it.

If you and I have a discussion about something, and I say it is like "this," and you say it is like "that," we are both one hundred percent in belief, each with our own concept about a particular belief; and in this way we are lost. We are both as blind as each other, trying to put forward our personal concepts of a belief we both hold.

True knowledge is not gained by intellectual idea or understanding, from human or world education, or through discussion (this is why it is so important that students do not talk to each other about what they have heard in class, or even discuss truth per se. It is why I passionately disapprove of "forums." I watch the results of the blind leading the blind among such forums and discussion groups.

Only God is. The only true knowledge, the only true wisdom, the only true voice, the only true word is God itself imparting itself as and to and for itself "through" its individual presence "on earth" as the instrument named "you" and "me."

In God consciousness—as we continually empty ourselves; as we continually lift our senses into and maintain a God state of being, empty of humanity, matter, corporeality, desire; as we truly awaken to the glorious, freeing fact that we, of our own selves, are nothing and that God is all-of-all and all-as-all and all-for-all; and as we live "inside-out," forever at-one with the I within the I, receptive to God, Awareness Itself, feeling the presence of God, making our entire house, awareness, freely available for God to be, to speak, to do—we can, if we are given it to do, speak the word of God that is given us; share the light, knowledge and wisdom that we are given directly from and as individual God being.

But it is not for discussion. It is not belief, it is not concept, and it is not interpretation. It is the individual presence, word and voice of God, yes; but never is the word of God belief,

Rest In the *I* Within the I

Rest in the *I* within the I. There you discover every truth of you in full expression, in full health and love and harmony, with the infinite ever at hand.

Relax in it, yield to it, and behold it in expression as you and for you, and as the greatest blessings to all who touch your awareness.

How easy and fulfilling it now is to be faithful to—to live—the two greatest of all commandments:

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself." (Luke 10:27)

In this way, following the Master, we can begin to realize "My food (fulfillment) is to do the will of him that sent me, and to finish his work." (John 4:34) concept or interpretation.

This is why the teachings given us by every true prophet and sage will never die; and this is why the pure teachings of Mary Baker Eddy, Joel S Goldsmith, and now the Miracle Self will never die. They are not conceptual teachings; they are not personal beliefs or interpretations. They are the word of God coming "through" an impersonal instrument in the name of the individual who shared or is sharing them.

"Verily I say unto you, This generation shall not pass, till all these things be fulfilled [we shall keep returning here, in and as personal self belief, until we lift right out of the hypnotized state, into God itself, as itself, for itself, to itself as individual God-being on God earth]. Heaven and earth shall pass away [because the "heaven and earth" of belief is not God itself], but my words shall not pass away. But of that day and hour knoweth no man, no, not the angels of heaven, but my Father only." (AKJV: Matthew 24:34-36)

"Truly I say to you, that this generation will

I Is and Has Your Immediate Harmony

This minute, the *I* within the I of you is, has, sees and experiences, within and without, perfect health, vitality, beauty, purpose and eternity as you and your body. What "you" or "I" believe, see and experience about ourselves and our bodies is irrelevant.

The "outer" sense, if believed to be real in itself, is entirely (one hundred percent) false, made up purely of belief and concepts[1] of belief.

If we accept the body to be ours personally, separate from everyone else's; physical; male or female; born on a certain date at a certain time; of a certain age, color, shape, height, weight; having a certain degree of energy or fitness, we are living solely in the outer sense of I, believing it of its own self to be reality.

But only God is; only the I within the I is reality; and only turned there and living the rested and receptive state of being do you discover every truth of you in full expression within and without, in full health and love and not pass away, until all these things happen. Even heaven and earth will pass away, but my words shall not pass away. But concerning that day and that hour, no man knows, not even the angels of heaven, but the Father alone. (Lamsa: Matthew 24:34-36)

And, "For he whom God hath sent speaketh the words of God: for God giveth not the spirit by measure unto him." (John 3:34)

Only God itself is eternal; therefore only the word of God itself never dies.

The thousands of mental science, psychology- and emotion-based teachings we have had and still have in the world today are born, live for a short time, usually only a handful of years, or a decade or two, and then die. Why? They are beliefs, concepts, interpretations; and not one belief, concept or interpretation heals -- reveals the actual presence of God as its objective image and likeness on, as, earth.

Healing, the revelation or revealing of God as being, body, thing, condition, place and amount; the visible, tangible, practical "earth as it is in heaven", is the kernel of truth. Without the healing presence, no teaching can survive. Healing is the one evidence of God presence, God consciousness; and as we have heard, God is its own evidence. In the words of the Master, the word of God speaking individually as the Master:"By their fruits ye shall know them."

The presence of God on earth is its own evidence; is itself its visible, tangible image and likeness—just as the presence of a form in front of the mirror is itself its image and likeness in the mirror.

It is impossible to have the presence of God without its image and likeness being clearly visible and tangible to earthly sense.

So where there is an absence of healing, there is an absence of God consciousness. It's as simple as that. And where there is an absence of healing, there is an absence of students; or students who are initially attracted to a teaching soon leave it and are drawn to where healing is taking place.

All the good of earth is drawn (in experience) to where the presence of God is.

"Where the spirit of the Lord is, there is liberty [fulfillment].

This is why I am driven day and night to bring the message of truth that I am given to all around the world who can hear it, who yearn for it, who are silently screaming, in the form of disease, lack, limitation, poverty, injustice, immorality, starvation, homelessness to be lifted out of the hypnotism of human and world belief. And it is why I treasure every one of you who is hearing truth, who is devoted to truth, who is making the daily one effort to rise into and maintain, and to live as and by God consciousness, Awareness Itself, on earth; and in that one way be an untold light and blessing to all who touch your awareness.

Never look outwardly and believe a person, thing or condition is "stuck," unyielding, "refusing" to reveal its health, harmony, love or abundance. No outer person or form is an entity in itself; no outer person or form has an ability to behave independently, separately, stubbornly—except as, and by the degree of the belief we ourselves hold about him, her or it being independent, separate, stubborn.

Belief, indeed, presents its false imagery to the believer in vivid detail. But where there is no believer, there is no belief-imagery. In other words, where there is no sense of separation from God, "outer" imagery is that of the image and likeness of God.

The only entity is God, and because God is infinite and omnipresent, all is, and is forever, God.

If anything of outer experience seems unyielding, it is we who are being an unyielding sense of separation from God, at the inception of sense.

Work deeply within at dissolving all sense of separation and difference from God to the point of practical realization. Work and work and work at it—it is the quickest, often instant, way of revealing God as form. There is no greater or more fruitful work.

Turn deep within, and ponder the infinity and omnipresence of God as God *is;* as spirit, as truth *is;* as incorporeality, which has no matter in it whatsoever, *is.*

Keep pondering until you feel the reality of truth within, as all.

Then rest and relax in the *I* within the I. Be still, silent, receptive, and let the I within the I live and move and have its being as you. In your emptiness, your nothingness, your utter silence, give the I within the I the space and freedom to be.

"I am with you always."

The Gospel of Thomas

Let us take deeply into awareness the first three sayings of *The Gospel of Thomas.*

"These are the secret sayings which the living Jesus spoke and which Didymos Judas Thomas wrote down.

(1) And he said, "Whoever finds the interpretation of these sayings will not experience death."

(2) Jesus said, "Let him who seeks continue seeking until he finds. When he finds, he will become troubled. When he becomes troubled, he will be astonished, and he will rule over the All."

(3) Jesus said, "If those who lead you say to you, 'See, the kingdom is in the sky,' then the birds of the sky will precede you. If they say to you, 'It is in the sea,' then the fish will precede you. Rather, the kingdom is inside of you, and it is outside of you. When you come to know yourselves, then you will become known, and you will realize that it is you who are the sons

of the living father. But if you will not know yourselves, you dwell in poverty and it is you who are that poverty."
(*The Gospel of Thomas;* Lambdin Translation)

All sense of separation and difference from God occurs at the inception of sense and is then out-pictured as persons, things and conditions of separateness and difference.

Saying 1

(1) And he said, "Whoever finds the interpretation of these sayings will not experience death."

Whoever puts away his or her own understanding, which is always founded on belief and concept, and sits open, empty, a nothingness of self, allowing God to fill and reveal itself within, and finds—becomes consciously aware of—the presence and activity of God as the all-of-all "will not experience death."

God is itself eternal life. The experience of God—the feeling of the presence—is itself eternal life . . . your individual eternal life and mine.

We have "heard" this truth many times, but how many only hear it intellectually?

When you sit in silence and feel the presence of God, you are experiencing your individual and unique eternal life here, now.

Wash yourself clean of every argument belief brings up about this truth.

See for yourself how belief will try using many arguments and reasons in order to convince you that this is not actually true in the most practical and immediate way.

Not one of those arguments is true. The only truth is truth itself.

Meditate deeply with this truth to the point of realization, which is the point at which you have transcended belief[1]:

"Whoever finds the interpretation of these sayings will not experience death."

Realized (true) self is already what you and all are; but you have taken on belief which clouds it from sense. The moment belief is transcended, the cloud is gone and true self stands right there where it has always been, but now visible, tangible, real to sense.

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[1] The absence of belief is realized self.

Saying 2

(2) Jesus said, "Let him who seeks continue seeking until he finds. When he finds, he will become troubled. When he becomes troubled, he will be astonished, and he will rule over the All."

God, Awareness Itself, is.

God is the only existence; all that exists is God or Awareness Itself.

"Finding" God, truth, actuality, is not a potential or a possibility to the devoted seeker, but is infallible. In fact, the moment we awaken to truth, we realize that we do not have to find God; we already and eternally have nothing but God.

We do not have to find these words; we're reading them! We do not have to find ourselves or our worlds; we already have ourselves and our worlds. Ahh, but do we believe there is a separation and difference among "us," "our worlds," and God?

God is the only existence; there is none else.

For years you have heard, The only thing that ever presents itself to you is God or Awareness Itself; and, If you are aware of a thing it is Awareness Itself.

Therefore, if you are aware of these words, they are Awareness Itself, God; if you are aware of yourself and your world, these are Awareness Itself, God.

Indeed, we already, eternally and invariably have God. What we have to "find" is the truth of all. We have to awaken, to have our eyes opened, to see clearly.

God, the absolute and unconditional good of all, is the one reality, the one tangibility, the one visibility of existence. God stands right there in all its visible glory where you are, as you, and all that constitutes the magnitude of your awareness. It is we who have made ourselves invisible to God by being born into and continuing to accept belief.

"Let him who seeks continue seeking until he finds." Let us continue knowing the truth and maintaining a God state of awareness to the point of realization. At that point we no longer struggle, but live in and as and by

Awareness Itself.

"Thenceforth it is not I who live, but Christ who lives in me." (Galatians 2:20, Lamsa Translation)

At first, before the point of realization, we are troubled. Everything of humanity, the mental mind, physical body and material world—every last person, knowledge, ability, thing and condition we have believed is our reality, and which we have relied on, begins to fall from us, often rapidly.

This falling away often begins with the experience of disease, relationship trouble, financial lack and limitation, unrest, depression, struggle, fear. It seems as if these hardships turn us to God, seeking the answer, wanting the solution to the seeming human or material discord. But these discords are the result of our already awakening state.

Every trouble we experience, even world discord or war, is not trouble in itself.

The "it" of it is not an entity. It of its own self is nothing; therefore it cannot erupt of its own self. Every trouble, all struggle, all pain, all fear is the always the result of our stirring awake. Our very stirring awake is itself the discord experienced. Indeed, "he will become troubled."

Then, "When he becomes troubled, he will be astonished, and he will rule over the All."

We are astonished at truth. Indeed it is astonishing to awaken to the fact that none of humanity, none of mental mind, none of physical body and none of material thing, amount, place, condition, cause, effect, time, space have reality, presence, form, power, ability, function, purpose.

Our entire familiar existence drops away like old skin, and we are temporarily lost with nothing to hold onto, nothing we can rely on. It is a very unstable, frightening period, mostly out-picturing itself as great struggle, fear and pain in one form or another.

Then, "he will rule over the All." As we continue, come what may, to discover truth and keep ourselves turned away from that which appears to be, into God, and begin devoting ourselves to God as God, for God, to God we soon discover that our god selves rule over all.

We are finally awake enough to discover that in God instead of in personal self—as God lives us, as God is our one existence, resource and reliance as itself, for itself—we have dominion over all of self and over all of earth.

We are free and purposeful at last.

Saying 3

(3) Jesus said, "If those who lead you say to you, 'See, the kingdom is in the sky,' then the birds of the sky will precede you. If they say to you, 'It is in the sea,' then the fish will precede you. Rather, the kingdom is inside of you, and it is outside of you. When you come to know yourselves, then you will become known, and you will realize that it is you who are the sons of the living father. But if you will not know yourselves, you dwell in poverty and it is you who are that poverty."

(*The Gospel of Thomas;* Lambdin Translation)

The Master warns that the majority of those who claim to understand truth (the kingdom of God, the kingdom of Oneness, the all-of-allness of Awareness Itself) and who set themselves up as teachers, are as the blind leading the blind; and as those teachings are taken on by us, then even the birds of the sky and the fish of the sea will precede us.

In his day, he was referring to the Scribes and Pharisees, the Priests and Rabbis; today, we have thousands of spiritual or truth teachings. At the time of writing, a Google search for "spiritual teachings" results in 8,640,000 listings; "God teachings" 54,100,000 listings; "Jesus teachings" 59,000,000; Truth teachings 45,500,000. We could carry on. Suffice it to say we have an unprecedented number from which to choose today.

We see what great spiritual discernment we must bring to bear before we travel the path of any particular teacher and teaching.

Is any teaching "wrong"? No. There is no wrong. Is any teaching unworthy? No. If even one person is helped, comforted, lifted at their current level of awareness not one word of a teaching is unworthy. Millions of individuals around the world today are greatly helped, comforted, lifted at and from their current level of awareness, which makes every teaching they follow absolutely right and worthy.

But all teachings in themselves—including the Miracle Self— are not truth. Only truth itself is truth. Teachings such as the Miracle

Self and the Infinite Way lead to the experience of the one truth which is God itself, living itself, as itself, for itself, to itself.

Any teaching which does not lead us to this one truth and the practice of it is "the blind leading the blind."

God is one; and the way of God is oneness and omnipresence—literal oneness and omnipresence of all, with the understanding of God as individual being; experiencing, as and through unconditioned mind, individual universe and all-of-all it constitutes.

> "Enter in through the narrow door, for wide is the door, and broad is the road which carries to destruction, and many are those who travel on it; for strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it (Matthew 7:13-14). . . . I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest (John 4:35) . . . . The harvest truly is great, but the laborers are few." (Luke 10:2)
> "Rather, the kingdom is inside of you, and it is outside of you. When you come to know yourselves [when you come to know that you

> of your own self are nothing; that you are the very presence of God individually present and expressing as objective experience; that all is already God and the fullness thereof; that you are a god with all that God is and has; that you are the one god of your particular mind, body and world; that therefore, your one true existence and purpose fulfilled is giving, serving, sharing; being the god of every person, thing and condition in your awareness; being that presence the world of men and women reach up to for light, love, healing, peace, prosperity; never believing and attempting to get, to gain, to win, to achieve, but living as God for the fulfillment of God as God is as earth] then you will become known, and you will realize that it is you who are the sons of the living father. But if you will not know yourselves, you dwell in poverty and it is you who are that poverty."

Do you see?

Only Awareness Itself Exists

Is it now clear that Awareness Itself is the only existence, the all-of-all existence?

Is it clear that Awareness Itself is itself alone, that is has only itself in it—within, without, as all that is?

Is it very, very clear that Awareness Itself has no humanity in it, no mentality in it, no physicality in it, no materiality in it; and that, therefore, it is an utter waste of time "going to Awareness Itself (God)" to gain some named good or to lose some named bad?

Only Awareness Itself exists. Appearance matters not because it is nothing more than imagery, often false.

In and as Awareness Itself—as Awareness Itself lives "us" as and for itself alone—the image and likeness of itself is, or quickly becomes, infallibly evident.

But the minute "we" are among the imagery—believing, wanting, needing—a deep sense of fog shrouds our experience of the true imagery and likeness.

Know your true identity, and let it live you.

I Live, Yet Not I

Awareness Itself is the only existence, the all-of-all existence.

Awareness Itself is itself alone; Awareness Itself has only itself in it and of it—within, without, as all that is—because it itself is the infinitude and the omnipresence thereof.

Awareness Itself has no humanity in it, no mentality in it, no physicality in it, no matter in it; therefore, if we believe these are reality, have these in mind, serve them in themselves, we are not in the awareness of Awareness Itself, and so cannot experience its wonders and miracles.

Only Awareness Itself is.

I live, yet not I; Awareness Itself lives itself, as itself, for itself as the infinity of life.

I have accepted "my" life as being "mine"; but life is Awareness Itself. When I know this truth and yield to what life actually is, "my" life is filled with wonders and miracles.

The wonders and miracles of Awareness Itself fill every moment of our every sense as universal formation; but are we there? Are "we" empty and open to, and letting Awareness Itself live us? Or are we off into our "own" belief-convinced selves, living the finiteness, limitation, discord, good v. bad, disease, struggle and pain, eternal birth-death of belief?

Every one of us reading this is already the awakened one, but we cannot quite believe it—there belief is again—so we continue for awhile trusting what is familiar rather than what is unfamiliar, unfamiliar in belief only; in truth we are and always have been familiar.

One Faculty

God or Awareness Itself has just one faculty: omnipresent expression of the finished kingdom of itself as and to and for itself at every point of itself at the same time.

No one person, place or form of infinity is or has less than the whole of Awareness Itself; no person, place or form can ever need more. Awareness Itself is and has all that it is and has as all.

Your very awareness is all that Awareness Itself is and has; every point and form that the infinity of your awareness constitutes is all that Awareness Itself is and has.

And because Awareness Itself has just one experiential faculty, that of expressing, the fulfilled expression of good fills your every moment of universal awareness.

In other words, all and unconditional good is ever omnipresent right where you are and is being all that you experience—every cell, breath, sense and moment of you, within and without.

You are what Awareness Itself is; Awareness Itself has unfortunately been believed to be named "you, me, all."

Experience

Every second of you is experience. You cannot exist unless you experience yourself existing.

You cannot have a universe of people,

things and conditions unless you experience these existing.

The very "you" you are and universe you see, hear, taste, touch, smell and think about are experience.

If you were not experiencing, you would not exist.

Existence is experience; experience is existence.

Awareness Itself—your very Awareness Itself—is the full expression of itself as what you experience.

Every moment of your awareness is Awareness Itself fully being—fully expressing, fully giving—all that it is and has as "you," "your" universe, and all it constitutes.

You are the eyes of Awareness Itself at this level of individual awareness we call "this world." Are you faithful eyes? Are you empty of self, open, yielding to Awareness Itself so that what you truly are and for is evident as and for all in your universe?

You are every faculty of Awareness Itself—seeing, hearing, tasting, touching, smelling, thinking, experiencing—at your current level of awareness.

Are you faithful? Are you pure, transparent, devoted? Are you, as the Prophet Malachi described you, "the windows of heaven," of Awareness Itself?

Do you now see that because you are the presence of—the son and daughter of—Awareness Itself, and because Awareness Itself has just one experiential faculty—expressing, giving, serving, sharing; being—that your one faculty and purpose, your every category of life fulfilled, is that same expression?

Ignore what seems to be needed or wanted in your experience. Lift into what your awareness truly is—express, give, serve, share, be! Devote much regular time each twenty-four hours to silence, emptiness, listening, feeling, beholding deep within, and your mind, body and universe is beheld as full of wonders and miracles.

"The earth is full of the goodness of the Lord." (Psalm 33:3)

Individual experience is full of the goodness of Awareness Itself.

"Therefore they shall come and sing in the height of Zion, and shall flow together to the goodness of the Lord, for wheat, and for wine, and for oil, and for the young of the flock and of the herd: and their soul shall be as a watered garden; and they shall not sorrow any more at all." (Jeremiah 33:12)

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“The only way to master life is to master self.

The only way to master mind, body, and world is to master self.

The universe exists within you; you do not exist within the universe. The kingdom of God, the kingdom of all that exists, is within you.

Self or *I* is the universe. Your very consciousness and mine *is* every person, thing, place, amount, and condition witnessed as what we describe as our whole *outer* sense.

Therefore, the issues of life, the issues of experience, are mastered by mastering self.”

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MASTERY OF SELF IS MASTERY OF LIFE

by

PAUL F. GORMAN

Author of

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Releasing the Universe Within
One-Minute God Experiences
The Great Need
I Am (A Meditation)
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One
The Miracle Self
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That Which You Seek

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Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving
belief behind, ever greater degrees of heaven
are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

MASTERY OF SELF
IS
MASTERY OF LIFE

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The universe exists within you; you do not exist within the universe. The kingdom of God, the kingdom of all that exists, is within you. Self or *I* is the universe. Your very consciousness *is* every person, thing, place, amount, and condition witnessed as what we describe as our whole *outer* sense. Therefore, the issues of life, the issues of experience, are mastered by mastering self.

There is no other way. No entity (no matter what we may believe it is or describe it as being) exists

Herein is the whole secret. The only way of releasing yourself (and others) from the laws and limits of the physical is to die to it, to rise above it, to rise in awareness into true identity, which is your spiritual self. Die to belief. Let it go and rise above it into the freedom of spiritual being, your true identity.

"Die daily." (1 Corinthians 15:31) Die daily to belief and to the attachment and reaction to belief. Stand guard at the gate of consciousness by staying in God awareness as the all of all of you, and in this way, master yourself. In mastering self—in maintaining true identity—"you shall find your strength renewed. You shall mount up with wings as eagles; you shall run and not be weary, and you shall walk and not faint." (Isaiah 40:31)

Indeed, you are free in spirit, and that spiritual freedom is spirit within and without. It is the recognition, the realization, the living as oneness, omnipresence, the same one life, the same one place, the same one experience within and without.

Remember, no difference between the within and the without exists. Only *belief* separates and divides what seems to be the inner vs. the outer. But belief is not reality, and belief has no power to change reality. *Only God is,* and God is one, omnipresence, inseparable and indivisible.

Only one presence, one place, exists: holy ground. "The place whereon you stand is holy ground." (Exodus 3:5; Acts 7:33) The *I* of you is holy ground; you are holy consciousness, God consciousness. This is your true self; however, it must be *realized* to be experienced.

Take a few minutes to rest with this.

(Several minutes of silence.)

"When you know yourselves, then you will be known, and you will understand that you are the children of the living father"—children or expressions of God. You will know yourselves as individual God beings with the nature, quality, power and presence of God. "Son, you are ever with me, and all that I have is yours." (Luke 15:31)

If we do not know ourselves, we are not known. We are not recognized by the world. We experience people being both good *and* bad toward us. We experience judgment, injustice, a lack of compassion, an agitated or depressed mind, a body vulnerable and liable to illness, injury, old age, decrepitude. We are liable to lack and limitation, insecurity, unhappiness, frustration.

If we do not know ourselves, we believe that these circumstances and conditions are happening to us, for us, or against us, and so we seek and start applying practices to heal them, pacify them, prosper them, harmonize them or, in the case of good, hold onto them. We attempt to apply truth or God awareness *to* the seeming outer problems and struggles of life, *to* the problematic people and circumstances we meet with; or we practice in order to sustain the seeming outer good of life.

In other words, we believe ourselves to be personal selves with personal circumstances that are ours to harmonize. We seek practices to free the personal self, to improve personal experience, to bring it more health, to enrich it, to bring it love, to pacify and harmonize those people and conditions that are in one way or another discordant in our experience.

As personal selves we attempt to make ourselves more loving, more compassionate, more patient, gentler, less judgmental, wealthier, more successful, more secure, more peaceful, even *more spiritual*. Listen to the paradox of this great trap: as a personal self we attempt to make ourselves more spiritual. We attempt to awaken personally. Why? We want a better personal life, a more spiritual personal life. We want to be able to bring spirit or God qualities (good) to ourselves and to our world. We want to be a measure of spiritual light, love and freedom in and for our personal world. In this very way we fail.

"Know yourselves, and you will be known." You already *are* the fullness of God. You are individual God being, not human being, not personal being but God being, with all the qualities, power and presence of God.

Think about this. I *am*—not I can *become,* not I *will be* if I study enough truth, meditate enough, realize enough. No, I *am.*

This instant you are and have all of infinity, all of life, all of love, all of omnipresence being itself as you and all that you witness. "All that I have *is* yours."

To master life is to master the realization of *I am. I am,* not I *can* be. *I am.* This instant *I am.* This instant I *have* all that God is and has. As I look out into and as my world I must realize that all is God and therefore is the nature and quality of God.

Is, is, is! Do you see? The moment we drop into a measure of belief that any person, thing or condition is something other than the fullness of God, we are lost. We have not yet mastered self.

When a problem presents itself, we must meet it with *I am*—within and without. Only *I am* exists; only *I am is.* Even better, only *I is,* and *I* is never less than the fullness of itself—within and without.

If we still have *I am* "in here" but *I am something else* "out there," we have not mastered self and we will not be known. *I am* will not be evident; God or truth will not be visible and tangible to us out there or to anyone else in our consciousness out there. We dwell in poverty and we are that poverty.

I am is evident only as itself within and without. God itself is the one existence; therefore the only thing that ever presents itself to me is God—*I am*—despite sense testimony suggesting that good or bad is presenting itself.

We must know and *live* the inner-outer truth of all being the presence and form of *I am.* In that way we are *being* the truth that all *is,* and we witness it.

We must not judge the world—good or bad—to be an entity unto itself. We must never judge or believe what appears to be either an un-God-like or a God-like person, thing or condition as being an entity unto his, her or itself. None such exists. Only God exists, and God has only itself in it, not pairs of good and bad.

We must release and lift above the entire universe of pairs of opposites, into God. We must realize and live in and as God consciousness alone in order to behold an objective sense of God (the world) in which good vs. bad does not exist; in order to behold the world as it truly is, the spiritual world of good alone. Now we have overcome the world of belief, of pairs of opposites. We are free in spirit, and free to ceaselessly give of our spiritual selves and universe. This is the mastery of self. This is knowing ourselves and being known.

The Master gave us this truth and the *how* of it in the two great commandments—the two commandments that wipe out every other commandment given us by every other seer and prophet.

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first commandment, and the second is like it: thou shalt love thy neighbor as thyself. There is no other commandment greater than these." (Mark 12:29-31)

Let us bring to mind that the Master is the most highly realized and demonstrated (evidenced) being we know. Listening to the Master's words, listening to these two commandments and *living* them—*being* them within and without—is the mastery of self, therefore the mastery of life.

Love God with everything you are and have, with every breath of you, yes; but also love your neighbor as yourself—love your neighbor as *I am, as* the one *I am presence* that is both within and without. This is the mastery of self. This is the undivided consciousness that witnesses the fruits of itself.

Whatever We Are Being, We Witness

Whatever we "know" ourselves to be, we witness. Maybe I should say, whatever we believe ourselves to be—until we know ourselves—we witness nevertheless, because consciousness is experience.

We cannot skip past the stage of mastering experience (of being in the world but not of it) because, until it is realized that consciousness is experience and that our mind, body and world experience is itself our current level of awakened consciousness, we may be tempted to skip past our problems to get straight into paradise.

That is the equivalent of trying to skip past our teen years to get straight into our twenties or thirties. Every such belief and effort only delays our awakening into true identity, and it is only as we awaken to true identity that we discover this world *is* heaven—“earth as it is in heaven”. (Matthew 6:10)

We cannot skip into an absolute understanding or state of consciousness and witness absolute truth until we have mastered who we are. I and the universe are one. Whatever our state of awareness is *is* our state of tangible experience. The seeming "two" are one; the inner and the outer are one. What we are being is what we experience. No way exists in heaven or earth for your or my current individual state of awareness to be skipped past and avoided. Self awareness has to be mastered; then, because self and life are one and the same, life is mastered.

"I have overcome the world." (John 16:33) In other words, I have mastered self; therefore I have mastered this world by realizing my and the world's spiritual reality.

This world—the human or personal sense of self and the material sense of things—cannot be merely avoided for immediate demonstration of good. Paradise—freedom and fulfillment—is fully present where you are this instant, but the way of its truth has to be mastered in order to be witnessed.

Mastering self, therefore mastering life, is like a jigsaw puzzle. We cannot avoid certain pieces and still arrive at the finished puzzle. We have to place every piece of the puzzle together, and then we have the finished form. Now we can move beyond it to the next puzzle.

Seeking and finding the truth of life is the same. The human or personal sense of self is the great puzzle of universal hypnotism which is to be mastered. It is to be recognized as false and lifted above into the freedom of mastery, the freedom of spirit. In lifted spiritual awareness—in living as the one spirit, the true identity of life, self and world and everything these constitute—is the mastery of self which is its own evidence, its own demonstration. Just as the ocean is its own wetness, so mastered self is its own fulfillment of life.

I am is both within and without. When we truly have *I am* as one, when the concept or belief of within vs. without is entirely dissolved in us and we are being the presence (consciousness) of oneness, we have become masters of self, and that mastery evidences itself as both the inner and the outer.

Never forget, whatever state of consciousness we are being, we witness. The state of the world (of people, of things and conditions) we witness is our state of consciousness witnessed. If we are of *belief,* we experience a mind, body and world of both good and bad. We have not yet mastered self.

The divided consciousness witnesses itself as infallibly and completely as does the undivided consciousness. Consciousness *is* experience. The divided consciousness is what we experience within and without as long as we do not know ourselves. The undivided consciousness is what we are and what we experience when we do know ourselves.

Be silent with this for a few minutes.

Undivided Consciousness Is Mastery of Self

Undivided consciousness is mastery of self. We must attain undivided consciousness within and without.

God is one and omnipresent; therefore we must be. God is indivisible; therefore, we must be. God is inseparable; therefore, we must be. When we are omnipresence, indivisibility and inseparability, we witness the true image and likeness of God as what appears to us as the people, things, amounts, places, and activities of our experience.

It is the recognition and *realization* of God as all of all that opens our awareness to the one truth, the one reality. When we have opened to and realized the one truth, when we live as and by the presence and activity of God alone, we see clearly what before was seen as foggy, distorted, false. Our dark glasses have been cleared and are now transparent; we are a window of heaven that bears witness to the good, the infinity, the life, the love, the glory of truth in such great abundance that "there shall not be room enough to receive them." (Malachi 3:10)

Seek the Whole, Not a Part

Keep the truth that God is one, whole, complete, indivisible, inseparable consciously in mind within and without. God is all-of-all; therefore, despite appearance, all-of-all is the one, the completeness, the omnipresence of God. The whole has no parts that can be separated or divided.

We cannot take one slice, one aspect of our experience or our understanding from the wholeness of God and expect to demonstrate *it.*

Life, Health, Healing

God is life, but we cannot take *life* out of God and expect to demonstrate it in itself. This is why many students fail to experience their healing. They attempt to take *life* as a specific aspect out of the wholeness and completeness of God (which remember is indivisible and inseparable) and demonstrate it in itself. It cannot be done.

The only way of demonstrating life is to forget about life as a particular aspect of God and to demonstrate God as the whole, as the completeness of indivisible, inseparable existence. Now whatever we sense as being needed, in this case life or healing, is fulfilled.

In demonstrating God as the whole of itself, we witness the fulfillment of what seems to be a particular category of need, in this case life or health or healing. As the sun fills our individual homes with light, so God fills our individual sense with the light of truth. We do not experience that fulfillment by seeking what seems to be needed, but by seeking the whole of God itself (just as our homes are not filled with light by seeking local light but by seeking the whole of the sun itself). Our sense of particular fulfillment is evidenced by demonstrating oneness, wholeness, completeness, infinity, omnipresence.

God constitutes all the good of existence in all its forms. As we demonstrate God we have the whole simply sensed as a part.

It is like a patch of sunlight on our wall. Is the patch of light separate and different from the sun? No, it is the whole of the sun, simply witnessed as what appears to be a patch on the wall.

We are not fooled by the appearance. It is not a patch; it is not a separate entity; it is not a separate aspect of the sun. It is the whole of the sun, simply sensed as a part.

God is not a dispensary of personal fulfillment. We cannot obtain *life* from God like we can obtain medicine over the counter. God constitutes life as well as every other aspect of infinite good, but life is not separable from God itself. When we have God we have life, but if we attempt to demonstrate life as a separate aspect of God, we fail.

Love

To our sense God is love, but does God have love in it as we understand love? No, God is infinitely greater than any degree of love we can understand. To demonstrate true love we must drop our sense of love and be open to the whole of God itself. “My thoughts are not your thoughts [and never can be], and my ways are not your ways [and never can be]. (Isaiah 55:8)

Drop your thoughts, your ideas, your sense of need or want for love, and remember: God, which constitutes love, is one, omnipresent, inseparable, indivisible, and can only be demonstrated as such. When we have God we have love, but if we attempt to demonstrate love as a separate aspect of God, we fail.

The only way of demonstrating (having, evidencing, seeing, experiencing) fulfillment, even though it may seem to be a specific aspect of fulfillment, is to ignore that specificity and lift into God awareness; to seek God as God is.

Then, when you feel sufficiently lifted and free of the sense of need, be still and attentive within until you behold the presence and activity of God within. Know that *that inner* experience of peace automatically and infallibly appears to you (is sensed by you) as the particular category of "outer" need quickly fulfilled.

Just as the presence and activity of the sun fills your home with light, so the presence and activity of God fills your sense of person, thing and condition with fulfillment.

In this way alone do we discover that every seeming need is no longer a need because the fullness of God is now tangibly present and active within us—tangibly experienced (felt happening) within us—and is itself the fulfillment of every need.

God constitutes harmony, peace, union, justice, morality, freedom, happiness. Yes, but these are personalized sense if they are believed to be separate aspects of good that can be demonstrated in themselves. If we attempt to separate the whole and to demonstrate particular aspects of good for their own experience, we fail before we start.

Equally, if we attempt to skip past the mastery of self, ignore the world and sink right into the bliss of an ethereal God, we fail. We fail because we have not understood the truth and purpose of self. "Ye are gods. . . . I am that I am. . . . I and the Father are one. . . . To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth." (John 10:34; Exodus 3:14; John 8:16, 18:37)

Many sincere teachings lead students to an experience of inner bliss while their outer experience remains as material as it has ever been. They are personal selves experiencing inner bliss within an outer material world. I have known students of these teachings who reach such heights of ecstasy that tears pour down their cheeks. The experience leaves them temporarily unable to function in the world afterward. Not only can they not function, but good vs. bad tends to act more harshly on them. They cannot understand why the world can be so cruel when God within is so blissful.

They have not awakened to true identity, to the literal oneness of inner-outer existence, to "ye are gods", to *I and the universe are one.* They have not mastered self, and so they continue to fall victim to as many problems as the rest of humanity does.

The experience of inner bliss vs. outer good and bad is an emotion associated with a believed inner God. Think. Omniscience is incapable of splitting itself into two and experiencing inner bliss that renders it dysfunctional in its outer, or worse, allows it to become victim of disease, discord, lack or limitation. No! Omniscience *is* the inner and the outer and is vitally aware and spiritually robust at every place of itself.

The mastery of self is the mastery of the undivided consciousness, the mastery of within and without being literal oneness, literal omnipresence, literal all-of-all omniscience.

We master life by mastering self. We overcome that which seems to need overcoming; we do not (and cannot) skip it. We cannot ignore it; nor can we bring "God" into a body or a world that we believe is currently separate and different from God.

Never expect to be able to witness God in or as or for what you believe is not God at the moment. God cannot be evident in or as or for a "human" being, a "mental" mind, or a "material" thing or condition. God is only evident as itself.

We have to realize (awaken to the fact) that the so-called outer is itself God and therefore is just as full of God as the so-called inner.

All is consciousness; nothing other than consciousness exists. All that we are conscious *of* is consciousness itself. In other words, all is God and has the nature, quality, and presence *of* God. The Master gives us the secret of this realization. "Make the inner like the outer and the outer like the inner." (*Gospel of Thomas,* Saying 22) Know yourself as individual God being, individual God consciousness—infinite, whole, complete, indivisible, inseparable. Realize yourself as being all that God is and has. "I and the Father are one. . . . all that I have is yours." (John 8:16; Luke 15:31)

Individual God Being

God is the one infinity of life. The life that you (and all people) are is the very life, presence, mind, body, and activity of God. You are individual God being. God is your consciousness, your infinity of being.

Do not seek God anywhere else or *as* anything else. God is consciousness (your consciousness); therefore, all you are conscious of is the infinity and omnipresence of God without separation, without division. Your consciousness is the one, the whole, the complete, the indivisible, the inseparable presence of God, so do not attempt to separate it or divide it into different aspects or categories.

Do not accept a single person, thing or place as being separate and different from God; it is not. However, if you believe it to be and accept it as being, you will have to suffer it to be so until you lift above belief into the living realization of the all-of-allness of God.

Evidencing God in or as or through a divided consciousness is as impossible as attempting to evidence light in or as or through dark. The only way light is evident is as itself within and without. Where light is within and without, dark is not. It is as simple as that.

Where the presence of God is—where the presence of undivided consciousness is—there is the image and likeness of God. "Where the spirit of the Lord is, there is liberty." (2 Corinthians 3:17) The spirit of the Lord is itself the witnessed liberty. The undivided consciousness is the evidence of itself, the image and likeness of itself, is the "clear glasses" that enable us to see God as God is within and without. Our senses are clear and true and we see clearly. Our undivided consciousness evidences itself.

This is one of the greatest truth lessons we can awaken to and live. *God is only evident as itself*—as infinity, omnipresence, eternity; as one infinite presence, one infinite power, one infinite law of good. God cannot be evident as finiteness, as personal self or personal good, as specificity.

It is true that sense reports finiteness and specificity, but nothing is finite, personal, local, or temporal although we sense infinity as what appears to be finite person, thing, condition, amount, activity, and place.

Only God is within and without. "Judge not by the appearance, but judge righteous judgment." (John 7:24) Judge (realize) all as infinity, all as omnipresence. Realize that the very *I* of you is not personal I but is *God-I. God-I* is the only *I* that exists. If you are an *I,* which of course you are, then that *I* is God. Realize this truth; drop the personal sense and all attempts to demonstrate personal aspects of God or truth now and forever.

Never attempt to "skip past" experience, good or bad, right into the absolute, right into God, right into a blissful inner idealism that fails to equally embrace the outer as the same omnipresent oneness. Life does not work like that; life is to be awakened to and mastered, not avoided.

The very mind, body and world of you is God. When this knowledge is realized and its truth mastered, then that mastery is discovered to be its own inner and outer (one) evidence.

The *I*—the self of us—has to be realized as the one *infinity of I,* the entirety of God or consciousness, the very presence of "heaven and earth and all the host of them," fully evident, visible, tangible, real *as itself* this instant and eternally.

Do you see that the mastery of self all boils down to what goes on *in here? In here* is where we realize self, is where we master life, is where we wake up and realize that all is God.

In here is where we love the Lord thy God (love the truth of existence) with all our heart, with all our soul, with all our mind, and with all our strength; and where we love our neighbor as *I am."*

Think Deeply

"Love the Lord thy God [recognize God as the one all-of-all inner and outer reality, the finished kingdom of all that exists] with all your heart".

Think about that. Loving God with all your heart, with all your sincerity leaves no room to entertain "otherness," to be unfaithful to oneness.

Love God “with all your soul”, with the very essence of you, with the very core of your being, with every breath of you.

Love God “with all your mind”, with every minute of awareness; as every thought. Nothing you sense is an entity of its own self. It is *I* or *I am.* Whether you sense what seems to be the inner or the outer, whatever you see, hear, taste, touch, smell or think about, whether it appears to be good or bad, it is none of these; it is *I.*

All is *I* or *I am,* the one being, one place, one experience. “Within vs. without” exists only as sense, not as reality. Only God is reality. Only holy ground (the one place and presence) exists, and that *one* is fully manifested, demonstrated, visible, tangible, palpable as all that you are and have.

Love God “with all your strength.”

Mastering self takes strength. It takes discipline. We all know how vigilant we have to be to keep our minds on God morning, noon and night.

Yet our strength and discipline are richly rewarded. The fruits of good are infinite and instantaneous wherever we are and as whatever we are doing.

The instant of awakening is the instant of freedom from every law of materiality and humanity, every limit, every problem.

Mastery Unfolding

Never attempt to separate God into what you sense as categories of need or want. Never attempt to bring harmony to a specific person or situation or to bring peace to the mind, the body or the world. No, not the peace you bring, but "My peace I give unto you: not as the world gives [not as human or material peace in itself], give I unto you." (John 14:27)

What is the "my" of the Master's promise? The "my" is God. I give you the peace that God is as the one, the whole, the complete, the indivisible, the inseparable, which appears to you, to me and to the world as objective peace—describable, nameable, definable peace; specific, finite peace—a corporeal sense of peace appearing as person, thing and circumstance.

Where there was disease, pain and suffering, now there is peace. Where there was lack and limitation, now there is sufficiency. Where there was hunger, now there is food. Where there was homelessness, now there is home. Where there was disagreement or war, now there is love and union.

The storm (of agitated sense) is calmed by the "Peace, be still" realized within.

Peace fills the previously fearful mind. A new youthfulness permeates and animates the previously aged, tired and decrepit body. New awareness lifts and prospers business; the infinite flow of supply fulfills every financial demand.

The omnipresence of "my grace" fulfills every need. "My grace is sufficient for thee." (2 Corinthians 12:9) Spirit, truth, grace are real and practical, but you may still ask, how do I make them real and practical in *my* particular experience?

The key is in the word “my”—my peace. “My” is God, and God is one, whole, complete, indivisible, inseparable. All that God, fulfillment, is and has is omnipresent where you are this minute. It is the *realization* of this truth that evidences it. The truth of self *realized* and *lived* within and without is its own evidence—its own peace and harmony—and it appears to objective sense as the peace and harmony of our world in all its categories.

Contemplate the presence and nature of God until you feel lifted into a God state of being, free of self, body, thing and condition, and then be still, empty, receptive (and sometimes patient) until you feel the presence and activity of God within. Now watch how quickly you bear witness to the whole appearing as the fulfillment of the part and the many parts.

But if you seek” life” to fulfill your sense of life, or “love” to fulfill your sense of love, or “supply” to fulfill your sense of supply, you fail.

Likewise, if you attempt to ignore the experience of disease, lack, limitation, poverty, starvation, immorality or injustice, simply stating that these discords are "nothing," and going straight to God expecting God to heal them, you will wait forever. The world will continue to overcome you instead of you overcoming the world.

Even the greatest good of the world will eventually turn and destroy you when the hour of your death arrives. Master self, and even death is overcome. "Verily, verily, I say unto you, If a man keep my saying, he shall never see death." (John 8:51)

We are the presence of *I,* the one inner and outer consciousnesss, the infinity and omnipresence of life itself individually experienced. We cannot retire within in some kind of inner bliss and hope to avoid "this world."

This world is to be mastered not avoided. We are to overcome this world so that we can fulfill our purpose of being—to love and serve our bothers and sisters with the light and forms of

God consciousness, with the infinity of being and thing. “I have overcome the world. . . . To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth.” (John 16:33; 18:37)

The Mastery of Self

Master self. Mastery of self is the mastery of undivided consciousness, living a rested, receptive state of being bearing witness to God revealing itself as the true good and boundlessness of all of existence.

Master oneness, wholeness, completeness, infinity, omnipresence; master the indivisible, inseparable one; seek nothing except God *as God itself is* and for *what God itself is.*

God consciousness constitutes the infinite good of the universe no matter how we may categorize, name or define our sense of it—person, place, thing or condition. All good already and eternally *is,* and is perfectly and instantly visible, tangible, real and practical to sense *as we are* *being what all truly is:* the consciousness of God.

As you truly live as and by *I am* within and without, you discover the living truth that *I* can never lack good, can never be discordant or diseased, can never be born and can never die. *I is; I* is forever whole and complete *as its universal self* and does not depend on humanity or materiality for its visible fulfillment. Humanity and materiality are merely beliefs about *I; I itself is* fulfillment.

Being, therefore experiencing the presence and activity of the *whole* as and for itself (as and for the glory, the fulfillment of God alone, never taking thought for or attempting to demonstrate any "part" of sense testimony in itself) witnesses the image and likeness of the whole as what we then name and define as fulfilled love, health, prosperity, morality, justice, harmony, peace, happiness, and freedom.

This is the way.

This is Mastery of Self.

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to the Presence of God

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Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving
belief behind, ever greater degrees of heaven
are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

One-Minute God Experiences

All is God.

We could all sit under a tree somewhere beautiful, ponder this one statement—All is God—feel its truth, let it live and become tangible in us, and sooner or later, heaven would be evident as earth.

All is God. I wonder how many hear that over and over, and still believe it to be a benefit to the personal self. Such belief does nothing except shut God out of experience.

God is not "within" existence—within you, within mind, within flesh, within form, within condition. If within-ness were true, without-ness would also have to be true. The realization of omnipresence wipes out belief in an inner vs.

an outer.

God is *presence,* not *power* as we understand power to be. *Power,* as the hypnotized state understands it, is a power *over* something. It is cause and effect.

In a belief state of awareness, I can say I have the power of decision, the power of choice, that I have power over people, things and conditions less powerful than I.

But in that case I am living with belief in multiple powers and I am left exposed to many greater powers that are able to dominate me—to cause me injury or disease, lack, limitation, poverty, failure, unhappiness, exposure to danger, old age, and eventually death.

None of this is of truth. God is one; therefore only one power exists—the power of *presence,* of *is.*

> *God* is, *existence* is. *All that is made* is God itself. *And because the inner is the outer and*

> *the outer is the inner, every "part" of all that exists is the full presence of God—the omnipresence, infinity, omniscience and omni-activity of perfect, indivisible, inseparable God presence.*

"All things were made by him; and without him was not anything made that was made." (John 1:3) Understand this statement as being current, as being of *is,* of *now.* All things *are* made by him and, in fact, *are* God itself, and without him, without God, is not anything made or is not anything existent that is existent. And, "He was in the world, and the world was made by him [the world is God] and the world knew him not." (John 1:10)

Human sense, human consciousness or awareness, material consciousness or awareness cannot see the God that is right in front of it, all around it, that *is* it. Why? Because as human or material awareness, we are closed to that which *is.* We are attached to the appearance, to that which we believe to be real, and while we are attached to that which seems to be, we are not free, and God is not free in us so that we can experience God as it is. So, remember, any attachment whatsoever, any belief whatsoever is blocking God from our experience, is making it impossible for us to see that which is. We are closed up. Our eyes are blind.

But as we detach, as we live free in spirit, free in God awareness, in God presence, then God is free in us to reveal itself as the true image and likeness. God must be free in us.

The moment we are closed up in any way, attached in any way, believe anything to any degree, God isn't free in us. God is imprisoned in us, and it feels to us as if God is nowhere to be found, that God has deserted us. Well, no, we have deserted God by having false idols, by being involved in that which seems to be, instead of that which *is*. We're about our own business. We are about the human, personal-self, world business instead of about the Father's business. Only by being about the Father's business are we open and receptive to the revelation, the visibility of all that God *is* as all that we experience.

Realize that whatever we experience, there God is—through sense—as that very thing, that very person, condition, amount, place, business, circumstance, family, home. Do you see? It does not matter what we are aware of. If God is free in us, then what we are aware of is the image and likeness of God as person, thing and condition. Another way of describing this is "the healing consciousness."

God *is.* God is all of all, but if we are aware as human sense, personal self sense, material sense, if we're attached, nothing we can do—including all the truth study we could ever do, all the meditation and all the silence we could ever sit in—is able to reveal that which *is* because we are not *being* that which is.

We have to *be that which is* in order to see it, experience it, have it. We have to *be infinity* in order to see and to have infinity of all form, all awareness, all amount, all person.

Get a deeper sense of the fact that God is all of all. We need to wipe out any belief that we have heard this before. We haven't heard a single truth until we are demonstrating it—until we see it, until we have it; until it is all around us, until it fills our life.

Let us never allow belief to convince us that we have heard this, that we would rather have something "new." The whole world is new every moment. You are new every moment. Your awareness is new every moment. You are the fresh manna every moment. However, if you are not witnessing this newness, the way of witnessing it is this:

Realize that God is all of all. There is no "part" of you—no matter how you describe yourself or your mind or your body or your universe (and everything in it) to be—that is not the entirety of God.

God is not within; God is all of all. Realize this of your body. God is this very body (all of it), not *within* this body. That is true as well, but within-ness does not mean physically within; it means the essence, the purity, the absolute all of all of whatever is being sensed, in this case the body. The body you have and you see, hear, taste, touch, and smell, this seemingly very physical body, isn't physical. It is God; it is spiritual, incorporeal.

You are incorporeal; all is incorporeal. The entire sensed universe is incorporeality sensing itself. We sense objectively, but this does not mean that we sense *objects.* We have a objective *sense* of that which is one hundred percent incorporeal. *Being* (life and life-form) is incorporeal. Only like sees like, only like *experiences* like. If anything in infinity were corporeal it would be eternally invisible and experience-less to us.

In other words, the fact that we are incorporeal and that we see a universe of life and form proves that all is incorporeal. Do you catch this?

If we were separate and different from God, we would be unable to see the things of God; and because all things are made by him, we would be entirely blind.

This is why, when we *believe* that we are separate and different from God, we cannot see the image and likeness of God.

You are incorporeal. The body is incorporeal. We have a deep belief about it being corporeal, being physical, and so that is our experience. Nevertheless, all is incorporeal. Incorporeality does not exist within, is not ethereal; it is all of all. Experience, no matter what we belive about it, is incorporeal. For instance, when you touch your arm, you have a seemingly physical experience, but it is one hundred percent incorporeal—the palpable incorporeal; incorporeal visibility, tangibility; actual form, function, experience.

This presence of you, and of your hand and arm is the all-of-all of God. From the deepest atomic level of awareness, to the cellular and all the way "out" to the skin; and then (because you have no edge to you, even though sense tries to convince you that you do) out into your universe, all is the omnipresence, the oneness of God that you are.

You are consciousness itself, omnipresence itself. This being true, tell me, where is an edge to consciousness itself, omnipresence itself? Where is an inner versus an outer? Where is different substance, form and function? Where is the atomic versus the cellular? Where is the cellular versus the muscular, the bones, the blood, the skin? Where is the edge of your body and then out into the body of your room? Where is that separation in God, in consciousness itself, in omnipresence? None of these edges, opposites and differences exist. You are, your mind is, your body is, your entire universe and all it constitutes are consciousness itself, omnipresence, incorporeality.

Rest now in incorporeality. Withdraw your senses, your attention, your interest from the body, from things, from anything you can name, define, any objective experience, to incorporeality or omnipresence. Spend three or four minutes doing this.

(A few minutes contemplation and release)

Becoming a state of emptiness and receptivity for the God experience depends on our release from that which seems to be, into omnipresence, consciousness itself. Spend three or four minutes really letting go of everything of your sensed self and sinking into the peace and the quiet, the infinity of incorporeality, omnipresence, spirit.

(Five minutes silence)

The Omni-Activity of God

Realize the omni-activity of God. It is the Father's good pleasure to give you the kingdom just as it is the sun's good pleasure to give the sunbeam the kingdom. The sun is proactive, omni-active. None of the sunbeam's sunshine depends on her. The fullness of her experience is her emptiness and receptivity, her impersonal self, yielded entirely to the sun itself. In this state of existence, she witnesses all that the sun is and has as all that her world is and has.

In this very way, let us realize that our presence, the presence of our all of all, is the presence, the power, of God—the omni-activity of God.

Nothing Is Solid

Nothing is solid. Look at an object in your room. Sense testimony infused with belief suggests that the object is solid. As you observe it, it is as it always has been in your appearance world. You can turn your gaze away from it, look at something else, then turn back to the object, and it is still there, looking exactly the same to you.

But nothing is *still there.* No person, thing or condition is solid, local, objectified, is *still there* when you look back at him, her or it. Not even the world or universe is *still there.* God is omnipresence, not an object, and omnipresence is not solid, structural or fixed, and cannot be.

Nothing of the experience of omnipresence, even objectively sensed (as all is at our current level of awareness) is solid, structural, fixed.

You are not fixed. Your body is not fixed. Your family, home, business, money, city and world are not fixed. All is omnipresence—all that God is and has; and all is omni-activity, the ever-new presence of God experienced.

Your body is forever new. Your universe is forever new—brand new, "straight out of God," a brand new God experience every nanosecond (or yoctosecond—one septillionth of a second—the current shortest time measurement).

Of course, the instantaneity of God is immeasurable. Every immeasurable instant is brand new God experience, objectively sensed as the very people, things, conditions, amounts, activities, and places we experience. All is God. God is all of all, and every immeasurable instant all is brand new (just like every instant of sunshine, gravity and electricity is brand new).

The only aspects of experience that give the impression that everything in our lives is *still there,* and, in fact, appearing to get old, tired, withered, decrepit and eventually dead and thrown into the fire, are belief and memory. Memory is a deep aspect of belief but has no foundation, no law, no principle in truth. Put belief and memory aside and realize:

> *I am omnipresence itself. I am infinity itself. I am eternity itself.*
>
> *Nothing is fixed. Nothing is the same as it was yesterday or the same as it was one immeasurable instant ago.*
>
> *Only God is, which is* is*—the one constant, the same "yesterday, today and forever".*
>
> *God is ever new in experience.*
>
> *The one constant is ever newly-sensed and realized, the ever-fresh experience of all that God is and has, like the ever-new experience of gravity, electricity and sunshine.*

The sunbeam is never *as it was* yesterday, not even as it was one instant ago. The sunbeam is the omni-activity, the omnipresence of the sun which is, in experience, forever pouring out, ever new. No part of the sunbeam can say it is the same as it was yesterday. No part of the sunbeam's mind, body, home, supply, world or universe is the same as it was even one instant ago.

It is exactly the same with us. No part of us, nothing at all of our experience is the same as it was even one immeasurable instant ago. All is new, and that newness, that fresh manna is the *whole* of God being every aspect of our moment-by-moment experience.

This is why the more this truth is realized, the more simple healing becomes. Healing has nothing to do with "us"; healing is the presence of God evidenced. It is the omni-activity of God in our experience, opened to and sensed within. It is evidenced "for us" not by us. God is ever new every immeasurable instant, and that newness does not bring with it the belief of disease, injury, limitation, struggle, fear, age, or death.

Even when we observe what is supposed to be a dead body, that body is full of life. Despite good, bad or even dead appearance, every immeasurable instant is newly full of and is the form of life. That is why even apparently dead bodies can get up and start walking on earth again *when we are in the consciousness of omnipresent, omniactive life (God).* If we are in the consciousness of appearance, nothing in heaven and earth combined can make a dead body walk again. If we are in human, personal self consciousness, our (or another's) diseased body remains diseased.

A struggling business—or any enterprise—is ever new. It is, from before inception, the finished kingdom of itself and is witnessed as being so in God consciousness. It may take us a few hours to witness it if we are not already in a high enough state of awareness and need to lift, but that is okay; a few hours is good enough. We will infallibly witness it as long as we are detached and disinterested in the appearance, and fully in and interested in God itself—in God as a business? No. As the finished kingdom of customers, clients, transactions, products, services and money? No. As *God,* the finished kingdom of *God.*

In and from this awareness, watch the miracle of the fresh instant becoming more and more evident, objectively sensed. Nothing can resist the presence of God realization—nothing—because nothing else exists but God.

"We" are the resistance to the God experience if we are attached to appearance, if we carry on believing in an experience separate and apart from God, if we are trying to get God to change a business, heal a body, bring love to a family, bring peace to stormy seas and to destructive weather. That is no way of God.

God is God itself alone, so it is when we are being of God itself alone, when we are imbued with God and God imbued with us, when we have no other attachment, no other interest, no other desire, that we are full of God as God is for God, not for anything else. This is when we witness the image and likeness of God. This is when we see miraculous changes, miraculous multiplication of good—of food, dollars, business, love, health, peace. We see and have the true good by the degree of our fullness of God.

The Omni-Activity of God

Let us meditate again, realizing the omni-activity of God *as God is.* Stay released and detached from everything of appearance. Always come naked into God. The minute we bring even a bag of candy with us we are unable to enter the kingdom of God, and God is unable to be free in us to be evident as itself as our experience.

So let us come naked into God and then rest, gently realizing the omni-activity of God as God is as all of all. Deeply rest and relax in the omnipresence and omni-activity that is the truth of your very presence, your very mind, body, and universe. Abandon yourself to God. Truly let go of everything you believe to be you and yours, and let God be free in you.

(Five minutes meditation and silence)

Now, empty of self and yielded to God in this way—empty of personal sense, detached from all that seems to be, receptive to God, receptive to the presence and the omni-activity of God (which is new life, presence, mind, body, and universe and all that these constitute every immeasurable instant)—you are *having* the God experience. You are experiencing and often feeling the activity of the presence of God itself as you.

Because God is omnipresence, the experience we may deem to be within "us," within a physical sense, is not that at all. It is omnipresence. We cannot separate and divide God. We cannot have God in here without having God as the entirety of our universe. It does not matter how we may feel the presence of God, and it does not matter if we do not feel God. As long as we are open and receptive in this way *we are having the God experience.* God *is.* Nothing we do or do not feel makes a difference to what *is.*

As long as we have put aside the personal self and are full of God awareness and are open, receptive, just being still in God, then whether we feel anything or not, we are *consciously having* the God experience. God is released in us and throughout our universe because we have made ourselves consciously available to and for God. God is tangibly omnipresent in and throughout us.

In this experience, the whole of our consciousness—the whole of our universe—is this instant new, fresh, full of God. As long as we remain in God consciousness as we go out into our worlds instead of getting up and immediately looking for objective results, then the image and likeness of the omnipresence and omni-activity of God is infallible.

We will always sense objectively, but we have to stay detached, stay in God, stay as *I* as *I am.* But if we re-attach, we have shut God out in the instant of attachment. Stay detached in God.

I have been working with a number of individuals who are struggling to accept their healings. One in particular, who has been struggling for about six months now, is finding it very difficult to let go of the personal sense of self and of disease and severe pain, and she is desperate to be free of it. She has admitted that honestly she most desires to regain her healthy, pain-free personal self. She wants her personal life fixed so that she can continue living it. She is fully aware of this, but has so far been unable to release her personal sense of self. Each time she calls for help, the pain dissolves within a few minutes at most—not completely, but by eighty to ninety percent.

With others still hanging onto personal sense release is quicker, sometimes instant. However, these individuals continue to struggle in one way or another with evidencing their health. They receive their release as they call for help but are back again within a day or two as they return to a personal sense of life.

The struggle (any unyielding problem) always comes down to one thing—a personal sense of self with a personal problem. The moment we can truly release the personal sense, God is experienced very quickly (if not instantly) and reveals itself as the image and likeness of health, sufficiency and harmony.

I have been experimenting with a simple practice that these individuals who call for help can continue throughout the day. It is working very beautifully, so I want to share it with you here.

One-Minute God Experiences

Here is the practice.

First, lift your awareness into God so that you are prepared and ready for the God experience. You must come naked to God. The healing of disease, lack, limitation, or disharmony of any nature depends on our coming to God *already consciously free of the problem.* We must be sufficiently consciously free of what appears to be, and open in God—even though pain may still be sensed, even though the appearance of the problem may still be sensed, and probably is. Appearance does not matter as long as we are not attached to it, wanting it of itself to change. When we have experienced sufficient release of the personal sense of the problem and attachment to it by lifting into God consciousness, we are ready.

Now have a one-minute God experience:

Simply sit still, empty, aware of God, seeking God, wanting the God experience *as and for what God itself is*—not for anything that you can name or define, but for the God experience *as and for itself alone.* (This is the secret of healing and of evidencing every fulfillment of mind, body and world.)

We can easily hold this receptivity for one minute. Just rest, relax, look up into God, and for one minute make yourself available for the God experience.

(One minute of silent receptivity)

Now, as long as you were sincerely seeking the God experience as and for itself alone, not for anything that you can name or define, you have *had* it. Whether you felt anything or not is not the issue. It is not important.

When I first realized this, I had been sitting for months in a great deal of disease and pain trying to experience healing. I only believed my silence had been effective if I had felt a comforting and encouraging peace or warmth or release within. When I did, I felt satisfied, but when I didn't, I believed my meditation and silence had been ineffective.

One day I was in silence listening as hard as I could and these words came through emphatically: How selfish you are being to judge whether you have had a God experience by the amount of peace you feel or do not feel! I jumped up from my chair and realized, ah, of course, of course! What does it matter if I feel peace or warmth or a release, or not? That is just an *effect* a personal sense of self is feeling. It in itself has nothing to do with the fact that God is all that exists, and besides God, none else exists.

God *is, regardless.* God is what *I am, regardless.* God is all that I am and all that I experience, *re-*

gardless, no matter how I may define it, name it or feel it. Do you see? Even the worst of experiences are in fact God (not *as* they are experienced, but in truth) because God is all that exists, *but I am having a very poor interpretation of it.* Every problem I can ever experience has nothing to do with what it appears to be but is a problem of poor interpretation or translation of God.

This was a huge revelation for me. From that moment I sat in hours of silence not caring whether I felt a single moment of peace. I realized that despite my *sense* of life, the whole creation is actually what this life and body of "me" is, and it is in perfect self-complete, self-sustained and self-maintained order *as and for itself.* Of course, as soon as I stopped caring about feeling peace, I was mostly filled with an abundance of peace.

Do not desire any particular God feeling. Do not measure whether or not you have had a God experience by a feeling or no feeling. You *are having* the full God experience when, like the sunbeam, you are sufficiently empty of self; when you are sincerely released from both the bad and the good of the world (released from the body, released from the problem for this moment or period of meditation and silence) and seeking God *as God is* and for *what* God is; and when the human of you, along with its needs and desires, is out of the equation.

By sufficiently contemplating God, you become a state of emptiness, stillness and spiritual receptivity where you sit in God naked of self, naked of world, naked of things and conditions. Then, for one minute, you look up into God, seek and be open and available for the experience of God as God is—for God to get on with being God in you and as you without "you" taking up space and getting in the way. Then, in this state, whether you feel anything or not, you *have had* the God experience.

This practice is witnessing beautiful results for those who have been struggling. Last Friday, we experienced the greatest release one of them has had in seven months. It was beautiful to witness.

For this individual, it was a major leap into God, and it continues as she continues the practice. Every individual who has adopted it so far is experiencing wonderful fruits. All I have talked to are experiencing greater tangible release and its fruits as they keep practicing the one-minute God experience.

As you adopt the practice, remember that God is omnipresence. Each one-minute God experience "releases" God as your entire universe and everything it constitutes. God is released universally, not just "in you," the physical, local sense of being. For this one-minute conscious God experience, God is free in and through you to be what *it is*—the one mind, one body, one universe, one all of all.

When we know this and then rest in it and trust it, we *see* it. Often we see it very quickly, as long as we stay in God as best we can and do not step back out and go looking for objective results. That will never work. That shuts us right back out of God again. But, like the sunbeam staying in the consciousness of the sun, thereby being and having all that the sun is and has, as we stay in the awareness of God being all of all, even as we're busy in our worlds, and we stop twenty or thirty times a day for a one-minute God experience, we maintain a tangible openness and receptivity to all the health, abundance, harmony and peace of God made evident.

As you start the day like this and then continue, it is very easy to stay in enough God consciousness to be able to regularly stop, maybe contemplate truth for 30 seconds (60 seconds if need be) then for one minute simply rest, relax, and experience God as God is, never once hoping for or waiting for any particular feeling. Leave the entire experience to God as God is. A feeling of peace or warmth or release is almost a bonus; it is a fulfilling *effect,* but it is not God itself. God *is;* God does not depend on the agency of feeling or effect to be evident. The reality and evidence of God is eternally before any particular feeling we may experience. Feeling or no feeling, God *is*. This is the important realization. Drop the belief about and desire for feelings, abandon yourself to God, and let God get on with being

God. This is the way of clear seeing.

Let us have another minute.

(One minute God experience)

Pepper your days and nights with these one-minute God experiences and watch your life transform.

These are not replacements for longer periods of meditation and silence, of course, but they are a practical way of being able to take the God experience into the world with us, even into busy days, to keep ourselves open and receptive to the tangibility of good.

Any of us can find a place to be quiet with God for one minute; and as we realize that God is ever new, completely fresh, visible, tangible as the omnipresence of our experience, every time we consciously open ourselves to God, our vision becomes clearer. Everything we experience becomes ever more clearly seen as the image and likeness of God, ever-new God, ever more evident, tangible, visible good.

Be careful never to seek the image and likeness in itself. We are speaking of the visibility, the tangibility, the newness of the *God* experience, which is then automatically and infallibly witnessed as its image and likeness. But do not get involved in the image and likeness; leave it entirely to God.

Stay in God itself for the experience of God itself. Pepper your days with this practice and watch the miracles that become evident in every category of your experience.

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One

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My everlasting gratitude to you for your unwavering help
in making the Miracle Self teachings fit for reading.

Rise in conscious awareness—this is the entire secret.

As conscious awareness rises, detaching from and
leaving behind false belief, ever greater degrees
of heaven become visible through the
unconditioned mind.

“As in heaven so in earth.”

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, “As in heaven so in earth” emerges as the one
reality. The bondage of false, material sense is dispelled,
and the unconditioned experience of man, earth and
universe is experienced harmonious, peaceful and free,
in love.

Paul F. Gorman

1

I

MILLIONS AROUND THE WORLD struggle with fear, loneliness, lack of purpose, limitation, disease, poverty, starvation, immorality, injustice and depression. Yet, the truth, purpose and freedom of all beings are immediately evident in the consciousness of oneness.

The earth itself is today struggling to breathe amongst the smothering fog of humanity's unawareness and self-indulgence. Yet the beauty, bounty and fulfillment of earth is immediately evident in the consciousness of oneness.

It is time to understand and to awaken to conscious oneness, and in that way "release" the individual, the race as a whole, and the earth to be what all truly are in tangible, visible and real experience.

Let us awaken, and in our awakening see ourselves as we truly are and what we are for; let us experience our earth as what she truly is, and what she is for.

As the light of oneness fills individual consciousness all is known and tangibly seen as harmonious, the "part" being in union with the "whole"—health, love, abundance, peace and fulfillment of purpose real and evident and freely available as all, for all.

Let us lift out of the dream state of struggle, pain and limitation and understand how the miracle of God consciousness dissipates even the most overwhelming problems of humanity and its world—even those which are deemed by those who are "expert" in their field to be fatal disease, disaster or ruin.

THAT WHICH SEEMS TO BE IS NOT THAT WHICH IS

Only that which *is* is truth (reality, God). All "else," all that which appears to be un-God-like—sick, poor, inharmonious, limited, unloving, unfulfilled—is belief; and because all belief seems to be real, our "reality" has seemed to lack God (good).

Let us see how belief proves to have no power in and of its own self, and is dissolved and made as nothing in the light of conscious oneness. Let us, here and now, discover how to stand up and walk free in the tangible experience of that which *is*.

Open yourself to the spirit of the words on these pages. "The words that I speak to you, they are spirit, and they are life. . . . Be still [still your human, corporeal sense], and know that I am God." Be still, and realize that *I,* your *I,* all of *I,* is *God, spirit and truth.*

I has been given many different names over the centuries, but the purest name is simply *I* or *consciousness,* which is God, spirit, truth—the all-inclusive experience (universal formation) of being.

If somehow the *I* of you were taken away, there would be nothing left of you or your universe, not an atom. The *I* of you *is* everything of you; the *I* of you is *one being* your entire universe inclusive of its every form and moment.

You experience your *sense* of *I* (God or spirit); I experience mine. *I* is one or oneness. *I* is consciousness, and consciousness is *omni*presence, *omni-*awareness, *omni-*all.

Even though *I* (consciousness) appears to be an infinite universe that we each exist *within* (and are conscious *of*), being exists inclusive of its universe and all the form its universe constitutes. *I is one, all* and *omnipresent.*

To belief it appears as if *I* is buried deep within being, that mind is "in" the head or the brain, that life exists "in" the body, and that the self I am exists "in" the world which in turn exists "in" the universe. This is how existence *seems* to be, but what it truly is is *I, consciousness, spirit—one.*

Our entire being, mind, body and universe, our every moment of experience and every form of it, are one (God). What seem to be I "and" experience are not I "and," but I *being* the totality of experience.

"All things were made by him; and without him was not any thing made that was made. . . . He was in the world, and the world was made by him, and the world knew him not. . . . And God saw every thing that he had made, and, behold, it was very good."

God is the only, the all-in-all and all-of-all, and God is spirit not matter—incorporeality not corporeality. Corporeality is simply our *sense* of that which is one hundred percent incorporeal: God. With this understanding, we see that all formation, all of experience, all of the universe, all of infinity and omnipresence; all being, mind, body, thing, amount, place and condition are *spirit,* not matter; incorporeal, not corporeal.

Everything everywhere of me, every detail and form of my experience, is spirit and spiritual—one.

All is God, *which is spirit. The I that I am is the I that* God *is because there is none but* God. *The universe I experience is the universe I am being, which is* God *being all.*

I am spiritual being, spiritual mind and spiritual body. My universe, my world, and everything everywhere in and of my experience is spirit. Every activity, amount and place; every breath and every step; every sound, color and fragrance are spirit. Because all is spirit, all is whole and complete—one, self-complete, self-contained and self-governed.

Hear it deeply: because all is spirit, all is *one*. God or spirit is one, not many; is indivisible, inseparable, unalterable as only one can be. If spirit consisted of two or more, then, of course, the two or more could easily become divided and separated, different from each other.

God or spirit is one, and because God is all, *I* am that. The entirety of individual being and experience *is that one,* infinite, omnipresent, indivisible and inseparable, existent as its entirety at every point of itself at the same time.

"I and the Father are one." The Father is oneness, omnipresence, the whole of itself equally and fully alive and present everywhere at the same time, *spirit,* not matter.

I am spirit; my mind is spirit, my universe and everything everywhere in it and of it are spirit. Therefore, that which I am aware of and think about and experience is SPIRIT—SPIRITUAL *beings, things, places and conditions.*

Nothing but spirit exists. Spirit is one, omnipresence, all. Spirit is what we *are,* what we are aware *with,* and what we are aware *of.*

The miracle of truth is that even as we believe we are thinking about human, physical, material, structural "reality," we are not. None of these exist in God, in spirit. "I am the Lord, and besides me there is none else." The beliefs we have had about matter are actually about spirit and spiritual things because only spirit exists, and only spirit is *aware.*

Life, *I,* is all-inclusive oneness. The universe of being and experience is one, not two, not a multitude, and that one is spirit, the incorporeal, forever whole, complete and in perfect order. *I live and move and have my being in an infinite ocean of God or spirit or oneness.* The "I" I believe I am—the "I" that is living and moving and having its being "in" God—is itself God existing as individual and unique "me" and "my" universal experience along with individual and unique "everyone else" and "their" universal experience.

We are each the whole of God, spirit, experiencing—*being*—the one infinite entirety of existence. And because God is good without opposite, all of existence is good without opposite. "God saw that everything he had made was very good. . . . The earth [formation, experience] is full of the goodness of the Lord." Existence and its experience are full of the goodness of the Lord, of spirit, of oneness. I am that one, you are that one, all is that one.

But what are our thoughts about when we struggle with a problem? Are they about the reality of spirit, God, oneness, infinity and omnipresence, the immediate fulfillment of the God (good) experience? Or are they about the "reality" of the problem, the threat it poses to us, our family, home or business, and its many consequences?

REALITY VERSUS BELIEF

That which is *believed to be* is not that which *is.* Drop the belief in the name and nature, the "reality" of the problem *and* its believed solution. Drop *all* belief and hear truth; open yourself to reality itself. "Son, you are ever with me, and all that I have is yours." What is it that *I, God,* am and have, therefore what you are and have, and what all is and has?

I am one as you, which includes your experience. *I* am *being* oneness as you and for you. *I* am spirit and truth, and *I* have—*I* am *being*—spirit and truth as you and for you; as all and for all.

There is no name or condition in God. There is nothing but God in God, and because God is all, there is nothing but God in *and happening as* all.

God is one, and full of oneness; therefore all is one and full of oneness—harmony, wholeness, completeness, perfection.

God is one and omnipresent. No person, place, amount or condition has more or less or no God in it. God is all and is fully present as all. God is the one omnibeing, omni-place, omni-amount, omni-condition, omni-existence, omni-entity.

God cannot be personalized, localized or finitized. God cannot be "used" for personal gain or for physical or material transformation. God cannot be experienced personally, locally or finitely; nor can God heal matter. If such an act were possible God would have to be both spirit and matter, truth and untruth, light and dark.This belief is nonsense. God is God alone—spirit and truth alone.

God *is.* "He perfects that which concerns me." The almighty, God, spirit, oneness, perfects that which concerns me. "He performs that which I am given to do." He harmonizes, makes perfect and complete that which presents itself to me, or fulfills that which is demanded of me. He performs it. He reveals the truth, the life, the abundance, the peace of that which presents itself to me, as the fulfillment it truly *is.*

"I" IS, AND FULFILLS EXPERIENCE

When we withdraw money from the bank, the bank performs and fulfills the withdrawal for us. Our only involvement is that of *identifying ourselves truthfully* to the bank teller or ATM. As long as we are recognized, our withdrawal is performed and perfected for us. Bringing the same principle to bear, as we realize that we and our entire experience (every detail and form of it, whether good or bad in appearance) *are spirit;* and as we turn to spirit itself *as spiritual being*—ignoring that which seems to be—and simply resting receptively in spirit, we discover that spirit performs and perfects our experience *for us*. We have correctly identified ourselves and so our "withdrawal"—fulfillment—is complete.

No problem or solution is what it seems to be, but is false sense or mis-identity. We mis-identify by believing in an existence or condition other than God. It doesn't matter what name we give to the problem—ill health, disease, lack, limitation, immorality, injustice, unhappiness, poverty, insecurity, homelessness, starvation, or what name we give to their opposites—their solutions. Both the problem and its solution are collectively believed conditions out-pictured or out-formed and believed to be real. But they have no reality, law or principle to uphold them or sustain them in the presence of spirit.

Where a problem seems to be, what its nature seems to be, what its apparent reality seems to be, and what the consequences of that apparent reality seem to be, are actually the presence of oneness, God. All the bad and the good, the problem and the solution of the appearing condition are false sense or mis-identity. That which *actually is*—everywhere and as all formation throughout mind, body and world—is *spirit,* forever whole, complete and perfect.

God's universe is in perfect order, and God's universe is the one and only. But to tangibly experience (have) the perfect order of every person, place, thing and condition we must realize that we and our universe are *that—spirit* and *spiritual.* The order (truth) of our experience is visible and tangible only as we identify ourselves and our universe truthfully—as being God, spirit, oneness. Whether belief presents us with a good or bad person or condition, we must know the truth: all is God, spirit, forever whole and complete, despite appearance.

God is perfect order; belief is perfect disorder.

God is eternal, invariable, real and certain; belief is temporal, unreal and uncertain.

God is principle, ever the same; belief is perverse, everchanging.

What about the problem you face today? What is it that concerns you? What is its nature, its quality, its disposition? What is it you would like to see perfected, harmonized, healed? Is your health troubling you? Your finances, your relationship, your ability to succeed and enjoy prosperity and freedom of creative expression?

Are these experiences spiritual? They *are. All* experience is spiritual; all form and condition are spirit because nothing but spirit exists. But what do *we believe* a problem or its solution to be? This question begins to open our awareness to truth, to the *principle of oneness,* and to the healing of any and every problem.

What do we believe good to be? What do we believe bad to be? Do we believe these opposites to be real in and of their own selves? Do we believe in God "and"? Do we believe disease, lack, limitation, aversion, poverty, injustice, immorality, insecurity, unhappiness or depression to be realities, principled negative or destructive conditions?

All people, including those who have turned to God or spirit for their and their world's good, experience both good *and* bad. No human beings have only good in their lives. Some struggle with types of problems we do not experience; we struggle with types of problems others do not experience. All such experiences are aspects of *belief* unwittingly accepted as being real. They have nothing to do with God or reality. If we believe that life consists of pairs of opposites, good and bad, we have God "and," and because belief and experience are one, good *and bad* fill our experience.

All truth students probably believe that God, buried deep within, is their ultimate reality. But most *also* believe in the here-and-now reality of disease, poverty, lack, limitation, aversion, danger, insecurity, greed, cruelty, injustice, immorality, unhappiness. *At their own level of sense* these, and the myriad of other problems people suffer, are experienced as being real, and they have real and sometimes devastating effect. But by accepting these and any of the pairs of opposites at their own level we have divided our "house"—our consciousness. We have accepted a belief in God "and." We have made "false idols" from collective belief, and we suffer by them, often racked with fear about what "bad" will do to us.

Fear, pain and suffering are caused by our seeming separation from God. We cannot find God anywhere among the pairs of opposites, not even among their good. Yes, even good *when good is believed to be real in and of its own self* has nothing to do with God, and cannot evidence God.

In belief, this is why good can turn to bad—sometimes overnight. God seems to be different and separate from us and we from God. God seems to be unreachable, unattainable, unreal and impractical even to the majority of students on the path seeking. Why?

First, to those who are suffering, who seem to have no way out, whose problem seems to be insurmountable, be assured that God is fully present with you and as you and as all in your life this minute. At every moment God is fully present and openly available. Rest in this assurance; rest the weary mind; cease believing you need do battle with that which seems to be. This very moment God *is being* you and everything of your experience.

Rest and begin to *feel* this truth. Begin to feel the truth that God is real, and that because God is real God is practical. The truth is that God is the *one* and *only* existence, therefore the one and only real and practical life. Only *belief* leaves us and our experience (*in sense,* never in reality) separate and apart from God—from our good, purpose and freedom of being.

If you could roll out your mind on a dining table, as if it were a large scroll, and take a look at everything going on in it, what would you discover? What combination of good and bad fills your mind? How many thousands of beliefs have taken lodging in you—even beliefs about God? How many thoughts about everything *but God* do you entertain? How many have you entertained this month, this day, *this hour*? What have you entertained since you woke up this morning? How many belief-thoughts rather than God-thoughts have you unwittingly allowed to run rampant in you?

It is shocking to discover the un-God-like state of our awareness when we pause to examine ourselves.

Recent neuro-imaging experiments have revealed that the average person has between 50,000 - 70,000 thoughts in each 24 hour period—up to around 2900 per hour. These numbers are not published in a scientific journal, but they make the point. We each have many thousands of different thoughts throughout the day. How many of them are about God versus the personal self, body, loved ones, money, business; fears, needs or desires?

Being aware of our thousands of thoughts helps us keep guard at the gate of our minds. We must become master guards, honoring and protecting our spiritual selves from the barrage of collective belief. We must keep alive in us the truth that, *despite appearance,* only God is, that our entire existence and every form of it is God and none else.

Appearance presents us with a variety of good and bad; every day we observe healthy and unhealthy people, rich and poor people, satisfying and dissatisfying conditions. We must, despite these appearances, keep ourselves filled with a living awareness of God being the only actual presence and reality. We must detach and withdraw from all that appears to be and live in God awareness.

We all know that the good things and conditions of life can, either gradually or out of the blue, turn bad. The reason they can is that everything of the self and world that we have accepted as being real in and of its own self, is not reality but *belief;* and every belief has an opposite.

2

A SPIRITUAL STATE OF BEING

WE ARE IMPRISONED BY and suffer from belief alone. We unwittingly prevent ourselves from experiencing the freedoms and joys of truth only by our continuing *belief* that that which presents itself to us—both good and bad—is real *in and of its own self.* Only belief prevents us from dismissing appearance and immediately evidencing God (good without opposite) as all.

As we awaken to the truth of the oneness and omnipresence of God and refuse to continue to believe that anything is different from God, we emerge into our freedom. As Shakespeare's character, Hamlet, states, "There is nothing either good or bad, but thinking [belief] makes it so." There is nothing either good or bad, but belief makes it *appear to be so.* Belief fills our experience with its image and likeness, its formation; and even though all belief-form is imagery alone (imagery without law or principle to uphold or sustain it), as long as appearing formation is believed to be real, it acts as reality. The moment God is realized to be all, and we cease from belief, our experience is released and we and our world quickly become free. Our bodies, worlds and activities become filled with tangible, real God experience.

All is God. Nothing seemingly good or bad has reality. Only God is reality. All that *seem to be* are concepts, temporal forms of belief; unreality accepted as real.

The human (mental, physical, material) realm of awareness is not what it is believed to be, but is God. Only God is, only spirit is, only the incorporeal is, only one is.

Even thought, both good and bad, is God because only God is. We *interpret* thought (just as we interpret everything from a state of belief) as being either good or bad, but if God is infinite, therefore all, then all thought too is God.

That which appears to be matter (corporeal), including thought, is simply our *sense* or *interpretation* of God or spirit (the incorporeal). God, the incorporeal, is the only; God is the all-in-all and all-of-all. Nothing is good or bad; all is God. The corporeal realm of awareness is simply God sensed as matter, but sense does not change reality. Our sensed experience is actually God and "full of the goodness of God." Sense and its formation are innocent and impotent, good without opposite.

Only belief clouds the pure good that we and our world are. In most scriptures, belief is named "the devil." Belief is indeed devilish because in the realm of belief God is nowhere to be found. God is not, and cannot be persuaded to be, evident in belief. Belief cannot be helped by God. If you have wondered why praying to God, filling your mind full of God, meditating and sitting in silence to heal, pacify, prosper or harmonize a human or material condition fails to "work," this is why.

"Ye ask, and receive not, because ye ask amiss."

Recognize belief to be what it is—a lie, "the father of lies," an unwittingly accepted deceit, a falsity which leaves us with a foggy or mis-identified experience of ourselves and our world. Awaken to the one truth, the one reality, which is that God is all. Realize that only God is; only *one* is, and that *one* is the infinite, the omnipresent, the whole and perfect all, the eternally fulfilled one that *is* life, *is* form, *is* all.

"I and the Father are one." I and God are one because only God is. I and form are one; form and I are one. I, mind, body, world and universe, and everything in and of it, are *one,* not many, not different, not separate, not isolated and alone, not of good and bad, but of God *alone.*

There is no good versus bad being; there is only God, therefore only God-being. There is no good versus bad form; there is only God-form. There is no good versus bad world, place, activity, thing, amount or condition; there is *only God.* There is not even a good belief versus a bad; there is *only God.* All "else" is false sense alone, accepted as reality by a believer.

Do not be a believer. All is God, and God is not good or bad; God is only God, and is full of God, and is the very universal form of God. God *is*—period. Nothing corporeal exists; existence is incorporeal (God, spirit, oneness). Nothing in and of its own self has life, character, quality, nature, condition or amount to it or about it; nothing of its own self has color or fragrance, body or location. Nothing is an entity, a being or a thing, an activity, a cause or an effect. No person, thing or condition has power over another. All is God; therefore all existence—no matter what we may believe it is, or what name we may give to it—is God, and is full of the goodness of God, "within and without."

What prevents us from experiencing our whole and complete good this day? What hinders our healing? What prevents us from standing strong in truth, dismissing appearance, and evidencing the forms of good (God) this moment?

Why do we fall, time and again, under the spell of collective belief, mis-identity and false experience deexperience because we hear the promises of truth, we practice as best we can, yet our problems refuse to yield. We continue to find ourselves challenged by ill health or disease, lack or limitation, unhappiness or insecurity even though God is omnipresent.

NO LACK OF GOD

Realize that no lack or limitation exists in God. And because God is all, which includes all form, no form lacks its perfect good and completeness. Admittedly, much good *seems to be* lacking almost everywhere we look, but that which seems to be is not that which *is*. There is no lack of good anywhere in the world because there is no lack of God anywhere in the world. There is just a lack of God *awareness*. Awareness and experience are one; therefore a lack of God awareness has the *effect* of making form appear to lack good.

Because God is all, you, I, all beings and all things are God; and because God is the only, the only faculty is God. This minute your truthful faculties of awareness have and see a body and world filled with God—good, wholeness and harmony. No lack of God exists, and because God is all, no lack of God form exists, nor the faculty of its awareness.

You cannot gain more of God because you do not lack any of God, nor can you gain more God faculty. You and your faculties are full of God, and those faculties are, this minute, seeing and experiencing a mind, body and world full of God—none else, none less, none lacking or in need.

Because this is true, you and all beings have the "ability" to evidence as much of God, good, as experience needs this day, with "twelve baskets full" left over.

Do you believe this? Ah, there's the problem! The God experience exists beyond belief. Truth is true, but its tangible experience exists beyond belief, in a God state of awareness. You, I and all are one existence—God-existence. The only mind you have is God-mind; the only body, world and universe you have, including every person, place and thing in it, is God.

"You" and "I"—if we continue to exist in a personal, material state of belief—lock ourselves out of the spiritual experience. We must lift into and maintain ourselves in a God state of being where all of God (good) exists in perfect visibility and tangibility. In a God state of being, spiritual awareness happens *as us* and *for us;* the good of God becomes evident and real *as us* and *for us.*

We must maintain ourselves, minute by minute, in the spiritual state of being where God infuses our awareness and lives life *for us*. Only God awareness is aware of God being, body and world. Only when God itself is being our awareness does God being, body and world become evident; only when God itself is being our clarity does the image and likeness of God become clear as all we experience.

What is the "God state" of being? It is a conscious state of oneness, in and as which nothing of "us" or "our world" is left in us (in our awareness). Once we are in a state of oneness, a nothingness of personal self, realizing (even though dimly) that in spirit all is one, whole and perfect, we rest and *feel God happening* within and throughout us. This state of rest and feeling God happening *is itself* the good of God evidenced; *is itself* the good or "healing" made visible and tangible in experience.

As we are in a God or spiritual state of being we are safe and secure. We do not have to "do" anything to bring about health and wholeness any more than the sunbeam, resting as one with the sun, has to do anything to bring about light and heat. Oneness *is,* and does the "work" of making good evident, "healing" that which is sick, poor or discordant.

We are not required to make effort for our good in oneness; we only have to *be in* a conscious state of oneness, and then behold God "at work." "He performs that which I am given to do. . . . He perfects that which concerns me."

We do not have to "make" any aspect of experience one and whole; all is already one and whole. What we have to do is attain and maintain a conscious state of oneness, of God, and then *behold* God in action. We lift or transform our state of awareness (mind) to that of God, spirit, oneness alone. "Do not conform to the way of this world, but be ye transformed by the renewing of your mind." We lift our awareness from the belief in "this world" (humanity and materiality) to become a being of God, of spirit, of oneness. We lift our awareness; we become filled with, interested in, and devoted to God not man, spirit not matter, oneness not multiplicity.

In this state of being (our natural, truthful state) we do not have to make mental or physical effort to achieve good. Yes, we feel the impulse to get up and serve in some manner, to do something of value, to be creative and giving, to go with the flow of the talent or idea that springs up within and animates us—the feeling that surges within and spills over into and as our work, our everyday demeanor. But we are never required to *achieve* the spiritual impulse and surge, or the health, harmony, happiness, prosperity, safety or security of our experience. The truth of life is free and unconditional. It is the "gift of God," the actuality of the finished kingdom, of oneness, of a God state of being.

Studying books and classes, meditating on truth, seeking God in one way or another are the efforts we make to achieve just one goal—the attainment of a God or spiritual state of being, a state of conscious oneness. It is the God state of being which *is itself* the evidence of God. Studying and gaining intellectual knowledge *itself* does not make God evident. God is already evident; it is *our* material state of awareness that clouds the evidence of God. We could continue for a thousand years to seek God through study, meditation and even silence; yet no more of God would be evident than it is this day.

This becomes clear when we realize that we could seek the sun by attending classes about sunshine, meditating upon the sun, praying for sun, even sitting in silence waiting for the sun to come to us. None of that effort would give us the actual experience of sunshine. Our study and contemplation is necessary because it opens our awareness to what the sun is and where it exists. Once we have that knowledge we can go to where the sun is shining and *there* have as much sunshine as we want or need.

In the same way, our seeking God, our study and meditation open our awareness to what and to where God is. They lift us into a God state of awareness, and *there* we have as much of God (good) as we want or need.

Good in all its formation is free and unconditional once we are *being what it is*—a God state of being. It is the God state of being that enables us to experience ourselves, others, and all the things of the world "as [they are] in heaven." Once we have attained the God state of awareness we only have to bathe in and behold God taking place as all. Healing of any and every disease, discord or lack then takes care of itself.

Is this not similar to our experience of sunshine? The only way we can experience the sun is to go to where it is shining, and then bathe in it. *It* does the work; *it* perfects our experience of light and heat. We cannot do that work, and we are not expected to. Only the sun is light and heat and only the sun can give it to our experience. What we can and must do is take *ourselves* to where the sun is happening. It is no use sitting in the dark, studying the sun, contemplating the sun and seeking the experience of the sun, hoping that these alone will give it to us. We will not have it or its benefits until we take ourselves to where the sun is shining.

When we "take" (lift) our state of awareness from human and material to God, we discover that *there,* in a God state of being, God is fully happening as us. *There* God is happening as the entirety of your universe and mine, inclusive of every form and detail of it. As soon as we are there, all we have to do is rest, be still, be silent and receptive—as a sponge in the ocean, or a window in the sun—as God fills our senses.

Once you know the truth and have attained a God state of being, rest and freely receive the life and light of God. "Know the truth, and the truth will make you free." Know that I, the very I of you, your consciousness—the entire and all-inclusive experience of you—is God. God's universe, God's being, God's mind, God's body, God's abundance, God's relationship, God's oneness, God's safety and security, God's home, God's business. All is forever and perfectly intact, *governed by God,* and tangibly experienced in, as and "out of" the God state of being.

In a human, material state of being we have only what humanity and materiality offer. We are being (and have) the pairs of opposites—belief—and the ongoing battle between the opposing pairs. But in a God state of being we are and have all that God is and has. “Son, I am ever with you, and all that I have is yours.”

“KNOW THAT I AM GOD”

What is *I*? *I* is God, consciousness, the infinity and omnipresence of divine existence *being all.* “Be still, and know that I am God.” Everything of and throughout infinity is *I,* God, consciousness. God is all. All that you are and have—every person, body, form, organ, function, sound, color, fragrance, place and activity (despite its corporeal appearance)—is God, *I,* consciousness, one.

All is God in perfect order—whole and complete, still, peaceful, blissful. Nothing of existence is other than or different from God. The one and the only being, mind, body, world and universe *is* God, forever in perfect form. “I am the Lord, and besides me there is none else.”

What clouds, hinders or delays us from experiencing the perfect order and unconditional good of all? What clouds, hinders or delays us from experiencing healing? What hinders us from experiencing all the health, wealth, love, wholeness and freedom of being that we can ever want or need, not only for ourselves, but to share with as many as are seeking these themselves—whether that be one person, one thousand or ten thousand? Why do we still feel unsafe or insecure? Why do we feel threatened by one or another worldly condition or circumstance?

We *hear* that all is God, all is spirit, all is *one,* but we have not yet caught the subtle principle of the God experience—that all is *one: one life, one being, one body, one universal form.* That which appears to be countless degrees of good and bad being, health, finances and world conditions (multiplicity) is actually *one* (God) seeming, to sense, to be many.

Only *one* is—this is the key to spiritual awakening. Only *one* mind exists. We do not each have our own, different mind. Only one mind exists, that mind being God.

Only *one* body exists. We do not each have our own body, separate and different from every other body, any more than we have our own minds separate and different from every other. Only God is, and God is *one*. All mind and body are the *one* mind-body that is God—indivisible, inseparable; of one nature and quality, *appearing,* to sense, to be many individual, "different" minds and bodies.

Only *one* form, character, quality, condition, presence, amount and activity exists, and that one is God or spirit or I or consciousness.

Only *one* place exists, and that is holy ground. It is the place of *conscious oneness*. The place or consciousness of oneness is not corporeal, physical, material, objective, geographical or even nameable. It is the state of *being consciously one* rather than consciously diverse. It is the state of spiritual rather than material consciousness, a God rather than human state of being, as which all that "we" know, think and do is abandoned for oneness. It is the state of realization and living as God-alone-existent-as-all. "My thoughts are not your thoughts, and my ways are not your ways."

It is the awakened state of being that realizes that what we have believed to be real is not, because only God is; therefore only God is real. And because God is *one,* reality is one with not even one "other" in it.

Oneness itself, the *conscious state of oneness,* is God, which is truth, the universe of good without opposite. The state of conscious oneness is itself the one mind, one body, one place, *the one infinite and omnipresent formation of all.* This state of being is the God or spiritual state of being. No other state of being can evidence God because no "other" state of being is of God. All "otherness" is belief, or mis-identity, not truth.

Like recognizes like; only a God state of being recognizes and experiences a God state of mind, body and world. No other state of being but that *of God, sees* God, and *has* God-form as real and practical experience.

God is one, and God is consciousness; therefore a conscious state of oneness *is* God-being, *is* spiritual being, *is* the presence of God as earth (form).

The "practice of the presence of God" is the practice of being a conscious state of oneness.

The mistake we make, the subtle misunderstanding we have lived with, is believing in God "and" humanity, God "and" matter, God "and" world, God "and" circumstance or condition. This belief is not oneness but twoness or multiplicity.

Once you have caught the truth of God (oneness) being the only and are living in a God (oneness) state of being, beholding God revealed as the form of every moment, there is no need for another spiritual book or class. You can give all your books away. We do not need books or classes once we have caught the subtle truth of oneness and are living it. Once we live in even a grain of true conscious oneness, all our objective needs are taken care of—plus twelve baskets full left over. Wherever we are, there good and fulfillment are. We ignore and dismiss appearance as the nothingness it is of itself. We live in and experience the consciousness of truth—the infinity and omnipresence of God, good. Consciousness and form are one, so we never lack the tangible and practical forms of good.

HEALING OF PERSON AND CONDITION

In spiritual consciousness no person, thing or condition requires healing. All good and perfect condition already *is*. When a person calls for healing, the *apparent* he, she or it (the claim) is ignored as being a false picture only. Even if a person is face to face with me, explaining and seeking help for the problem, both the person and the problem are disregarded, and the presence of God is felt—tangibly experienced—as the only person and condition. *That is why the person experiences healing.* That is why what appears as false or misinterpreted pictures of person and condition changes to reveal truthful, healthy and harmonious pictures.

If I believed people and the problems they are suffering to be real in and of their own selves, there would be no healing. If I believed humanity and materiality to be reality, and then attempted to access God to heal that which was ill or discordant, yet ignored that which was good and harmonious, it is I who would need to attend classes, rather than give them.

Let us bring clarity to that which is misunderstood about God, "us," and the God experience (the healing experience).

God is one. Nothing exists that is *not* God. "All things [are] made by him; and without him [is] not any thing made that [is] made."

All is one, *the one,* which is God—one itself, with no "other." Nothing of life—not one being, body, organ, function, thing, amount or condition—is different from or less than God. All is *one*—indivisible, inseparable, eternal, in perfect form and order.

One cannot be altered or made imperfect, made different or less than one eternally is. Belief cannot alter God; un-God-like thought or action cannot alter God. Mis-identity does not change God. Nothing can change God because God is the *only*. It would take not only "another" but a "greater" power to change God. God is eternally its own God-like identity, its own image and likeness and cannot be altered. God is eternally God, and God is *all;* therefore all is eternally God, immutably being God-like identity.

Bring your awareness to *one*. Realize that *all* is one, just one. *One* is what God *is,* what spirit *is,* what the incorporeal *is*. All being is the one being, God-being; all mind is the one mind, God-mind; all body is the one body, God-body. All place and condition are that of *conscious oneness*. There is no "other" than God, one.

Belief may label and describe form in ten thousand different ways, but those "ten thousand" describe *corporeal* images—people, things and conditions existing in time and space, and of a certain apparent quality and nature.

Our corporeal state of being presents us with corporeal people, things and places. In a corporeal state, we can visit any corporeal place, as long as it is corporeally open to our visiting it. But does that corporeal place provide us with spiritual experience? No. Only a spiritual state of being provides us with a spiritual experience. Only a state of *conscious oneness* provides us with the experience of oneness—wholeness, limitlessness and harmony. Only in a *conscious state of oneness* do we have the harmony, peace and perfection of God throughout our experience.

In conscious oneness we perceive our body and our world as God, oneness. Little account is taken of appearance or physical feeling. Our attention is on oneness, not on what appears to be—not on the apparent multiplicity which presents itself as images and suggests itself as being real. Multiplicity is, to us, an innocent and impotent three-dimensional imagery, a background movie. Our attention, our senses, are stayed in and as oneness, "here within." Each him, her and it that presents itself to us is known as God, not a personal being, not materiality.

In conscious oneness, that of us which is true, is the "cause" of our life, love, abundance, harmony and fulfillment. We are the "inner" presence of fulfillment experienced "outwardly" as our world.

3

SPIRITUAL RELEASE

IT IS PROBABLY TRUE that every individual yearning for truth *intellectually* grasps the reality of oneness. We "get" it each time we read or hear a truth message, but then we promptly continue accepting appearance as being real.

We ourselves, and the people, places, things, conditions, amounts and activities in our day are to us if we live in a human state of mind, what they *appear to be* rather than what they are: God or oneness. We continue to believe in and live by the personal, human self, the physical body and the material world, all of which are subject to many powers and pairs of opposites. We believe in spirit "and" matter, us "and" them, this "and" that, here "and" there, more "and" less, the universe "and" God—everything *but* oneness!

Then we wonder why our problems fail to yield, why we are stuck in humanity and materiality and their limits and struggles, what blocks truth from our experience. We reach for another book or attend another class searching for the answer. We believe it is *we* who do not yet have sufficient spiritual ability to experience our health, prosperity, harmony and wholeness so we get busy trying to gain what we believe we do not have. We are stuck in a seemingly endless cycle of belief trying to find freedom.

We have *personalized* ourselves and our experience.

and experience the real health, wealth, love, harmony and fulfillment of being that are our inherent truth; if we are ready to free ourselves from the prison of belief instead of remaining in a dream state, wondering why we do not experience the freedom of God-being; if we are now truly ready to walk into the light of God and have God or spirit fill our experience with *its* infinite, omnipresent and unconditional good, then we have to lift ourselves into a conscious state of oneness.

Let us now and forever lose the personal sense of *both* self *and* truth. The moment you realize and live as oneness, every aspect and condition of your life is released and is quickly free and boundless. "Whoever discovers the interpretation of these sayings will not taste death." (*The Gospel of Thomas.*) If you have "ears to hear" and "eyes to see" you will understand the truth given in these pages and walk free.

Your ears will hear and your eyes will see *God as all.* Your freedom and purpose of being flourish. The moment you find your way out of the dark and hardship of belief into truth, you never again believe what appearance suggests is real. The moment you lift yourself into a state of *conscious oneness,* then *rest receptively* in the love, peace, stillness and fulfillment of God-as-all, God "takes over."

God governs and reveals the harmony and wholeness of every detail of our lives *for us.* "He performs the thing that is appointed for me. . . . The Lord will perfect that which concerns me."

The presence and impulse of spirit so fills you and flows from you, that you find yourself thinking spiritually, acting spiritually and beholding the kingdom of God visibly and tangibly wherever you are. You find yourself full of oneness, living, moving and having your being in and as the kingdom of oneness, having an infinity of oneness ever at hand. Health, harmony and abundance fill your experience; sickness, disharmony and lack dissolve in your presence. Love, peace, success and security fill your experience as you live in your natural state of oneness.

This point of attaining conscious oneness, and truly living as and by oneness, is the "tipping point" of spiritual awakening. We "tip over" from belief into truth. From then on we live freely, effortlessly, harmoniously and purposefully. We have attained spiritual realization, spiritual identity, and we live by God instead of by personal sense.

ATTAINING THE TIPPING POINT

To attain the tipping point, attain the realization that all appearance in and of its own self is nothing more than *mental concept* or *imagery.*

That which appears to be real is nothing more than belief about that which *is* real: God, spirit and truth; oneness.

If we believe how he, she or it *appears to be,* we experience nothing but that belief. We cannot experience more or less than the belief we are *being*. We are imprisoned by our own state of belief.

Day by day, we are presented with many apparently good and bad conditions, but as long as we realize that everything that presents itself to us, both the good and the bad, is nothing more than concept or image, and that all actually is the *one presence of God,* then we are able to remain detached from belief and free in spirit.

Everything of appearance, in and of its own self, is nothing more than imagery, like images in a mirror. All appearance, of itself, is "mirror" imagery, with no substance, no life, no power, no form of its own.

Images are not entities but just pictures or reflections. They have no life, body, quality, character, condition or ability of their own; they are without law or principle; they are unable to sustain or maintain themselves in our experience. Belief supports and sustains them in our experience, but belief can operate in us only for as long as we are believers. Just as we have to stand in front of the mirror to have and sustain a mirror image, so we have to continue to believe in order to have and sustain the pairs of opposites—good battling with bad in experience. The moment we walk away from belief, the pairs of opposites lose their power and effect in our experience as quickly as mirror images vanish when we step away from the mirror.

UNDERSTANDING IMAGERY

The image or concept of any person, thing or place is also never "only" what it appears to be. Nothing is isolated and separate. All is one, and the *whole* of one. No person is "only" a person, no object is "only" an object, no place is "only" a place, no activity is "only" an activity, no amount is "only" an amount.

All is, and contains the *whole* of God, the *whole* of one, the *whole* of infinity and omnipresence.

Nothing is fixed or contained as belief suggests it is; nothing is "merely" what it presents itself as being. You awaken to this the moment you realize that all is God—infinity and omnipresence, incapable of being made finite and local.

The self and its faculties of awareness are that of God, of infinity and omnipresence. Therefore, what of you, or your experience, is fixed or contained?

You are and embody the entirety of being. The 7.3 billion people who populate our awareness (earth) at this time are all the *one being* we each are and each embody. In fact, the one being is infinitely greater than "only" 7.3 billion. God is infinite; therefore being is infinite. The whole of God is embodied in and as you, me, and all; therefore the *infinity* of being is what you are, and is embodied in and as you, me and all.

You are the whole of being, the one being, not a finite, personal, separate or different being.

"Son, you are ever with me, and all that I have [and am] is yours. . . . I and the Father are one." We intellectually grasp these truths, yet still believe that we exist separate and personally different from 7.3 billion others. We intellectually grasp that "you are ever with me, and all that I have is yours," yet we continue to believe that dollars are our supply, and are separate and different from our very being, and hard to get.

"Be still, and know that I am God." Somehow the intellect has taken "I am God" to mean the "truth" of I buried deep within, but not the reality and practicality of I and its everyday experience. We hear that "I am the Lord, and besides me there is none else," yet wonder how our healing, harmony and fulfillment will come about. We wonder how we can bring the health, wholeness and peace, the love and freedom of God we read and hear about into our human bodies and material worlds, and then get busy reading books and attending classes to find out.

There are plenty of teachings telling you "how to achieve it" that have nothing to do with truth *itself*. Truth itself is already whole and complete, and does not need a "method of demonstration" or of "manifestation." God *is,* and God's *truth is*. God is all; therefore God's truth is all. God is whole and complete, already fully manifested and demonstrated. We cannot *make* it so, nor are we required to. God *is.*

Realize that *all* of experience—the good and the bad—is *belief*-imagery. Reality is God, and because God is all, the only thing that presents itself to you is God—unconditional good. The *whole* of life—all the life that has been, is, and will be evident on earth and infinitely beyond—exists in and as you, *is* the life you are and have. None of life exists outside of you; none of life is different from the life you are and have.

Life is infinite, omnipresent and eternal. Realizing this, can you believe you have only a limited amount of life? Can you believe you live for only a few decades, at most, and then die?

All the life in existence is the life you, I and all are and have because "Son, {daughter], you are ever with me, and all that I have is yours. . . . I am that I am. . . . I am the only, and besides me there is none else."

Without you, God does not exist; without the blade of grass and without the color green of the grass God does not exist. Can you believe that? If you do not, or cannot, you have not yet realized that God is all, and God is omnipresence. Omnipresence cannot lack any particular element of itself. Either the whole of omnipresence exists, or omnipresence does not exist at all.

God, omnipresence, is *one,* whole and complete. God cannot be divided, separated into parts, made incomplete, made into two, or into a multitude. "All that I have is yours [is you, is me, is all of life and every form of life]." That "all" is omnipresence—forever whole, indivisible, inseparable, one. The whole of God *is* what you are and have. It is what the table I am working on is, what the candle on the table is, what the flowers by the window are, and what the window itself is. The whole of God is what every object, place, condition, color, fragrance, sound and activity *is,* and what all the thin air among everything *is*. If all of this did not exist, God would not exist because God *is all of this*.

If water did not exist, wet would not exist. The "two" are one and the same entity and cannot be separated. It is impossible to have water without wet or wet without water. Water *is* wet, and wet *is* water. We are not surprised at this truth, yet when we consider that God would not exist if even one of us did not (or even one object, color or fragrance did not) and that we exist as the entirety of God, some find it hard to believe, even sacrilegious.

GOD IS ALL

God is *all,* and God is *one,* inseparable and indivisible. We find this hard to accept only as long as we continue to believe that we and our world and all it contains are *different* from and *separate* from God. This belief is as untrue as the belief that water and wet are different and separate. "I and the Father are one," not two, not different, not separate. You and God, I and God, all and God *are one and here now.*

All is one; all is the state, or *es*tate of God (one)—the substance and presence; the perfect, whole and complete form of oneness, omnipresent as all.

Oneness is the one truth, yet how many times do we make, in belief, something "else" from one? How many of our fifty to seventy thousand daily thoughts are about something "other" than one or oneness? We believe in and think about "our" mind, "our" body, "our" health or ill health, "our" fulfillment or defeat, "our" happiness or unhappiness.

Being a happy human has made, in belief, something "other" out of God, and being an *un*happy human has made an opposite "other" out of God. As soon as we have "otherness" we have no God, nor can we find God to heal or fulfill our "otherness." We are living as a prodigal, different and separate *in belief* (never in reality) from that which we and our world actually are. Yet, even as we live as far away in belief from God as we can get, God is right here, perfectly real, practical and fully available to our experience. To have our good, we need only "turn back" from our prodigal belief, head home to "the Father's house" (God consciousness), and live as and by God, oneness, instead of as and by "otherness."

Making a dollar out of oneness instantaneously separates our sense from the infinity of wealth and prosperity we are and have, and which is as free as the air to our daily experience.

Believing we have human relationships instantaneously separates our sense from the one true relationship, which is that of God, oneness—love without opposite.

Believing our food to be different from the one food that is God, instantaneously separates our sense of experience from the one food, the one nutrition, the one value, taste and satisfaction of God as food. In that separated sense, we cannot taste or receive a fraction of the true nutrition contained in the food we eat. Even the simplest meal tastes like heaven and provides full and perfect nutrition if we know that it *is* heaven—oneness. If we do not know it, and we separate it by believing it to be "just a simple meal," we lose its heavenly value; we lose its true flavor, nutrition and fulfillment.

If we believe our minds and bodies to be different from God, spirit, oneness, we instantaneously separate our experience of the mind and body from oneness, from the heavenly form and vitality they truly are.

It is this sense of difference and separation from God that leaves us unable to dismiss and walk through disease or accident, lack or limitation, injustice or immorality, poverty or starvation, into wholeness and harmony, and share it with all in our vicinity. Painful experiences, indeed, appear to be very real, and appear to have very real consequences at their own level, but they are *not* real in truth.

We have been unable to ignore belief in the reality of such experiences. We have believed we have to do battle with and overcome the "bad" of life in an attempt to live the "good" life. Lost in this pairs-of-opposites belief, we continue to suffer and battle with the bad; attempt to heal the ill, diseased and injured; provide charitable supplies and protection for the suffering, love and comfort for the brokenhearted. Much of this human effort is good and certainly helpful at its own level. But it misses the great truth and freedom of life, which is God, the one and only true existence.

The Master explains the secret in the parable of the wheat and the tares.

> Let both the wheat and the tares grow [exist] together until the harvest; and at the harvest season [at the moment of spiritual fulfillment or fulfilled realization]. . . pick out first the tares, and bind them into bundles to be burned [dismiss and throw out all belief about there being any existence other than God itself]; but gather the wheat into barns [rest with the fulfillment of God as all].

The “tares” have no truth to them. Only God is true. God *is* the only truth and reality of experience. Truth exists in all its perfect form right at the place we believe a problem exists (and at all places). The appearance of either good or bad is not what it seems to be, but is God.

The moment we bring ourselves into a state of conscious oneness we become empty of belief. Oneness cannot exist hand in hand with belief. Either we are full of oneness or full of belief (multiplicity). We cannot be *one* “and” multiplicity. The very act of spiritualizing our awareness *is* the act of emptying ourselves of belief.

By filling our awareness with God or oneness, no room remains for belief. In a state of true conscious oneness we easily stay detached from a world appearing to be filled with good and bad. We know that only God is, that good and bad are not reality, and we easily brush away the appearance of unreality. Even when good or bad comes nose-to-nose with us, claiming itself to be real, demanding our attention, we stay detached and free in spirit.

Conscious oneness is not easily fooled. Even if an appearance of disease suggests that it will destroy our body; if an appearance of lack or poverty suggests that it will wreck our finances or bankrupt our business; if an appearance of hate, injustice or inequality suggests that it will destroy our lives or the lives of our families or friends, we stay centered in oneness and detached from suggestion. We know that appearance is a lie, a false sense, a non-form and non-power of its own self, and that only truth is true. “Judge not by the appearance, but judge righteous judgment.”

In a conscious state of oneness, we do not go to battle with appearance, but ignore it and *rest* receptively in God, feeling God’s presence “taking place” so that the truth (health, harmony, abundance and freedom) which *is,* is able to become visible and tangible to our senses.

"In returning [to a conscious state of oneness], and in rest, ye shall be saved." Certainly, if an appearance is particularly intense or threatening, we may need to devote fifteen or thirty minutes, even an hour or more to reading or listening to truth and contemplating the reality of God before we reach a sufficient state of "release," stillness, and receptivity to feel the presence. Use the classes and books for this purpose. Meditate with them; contemplate their message, until you feel yourself "released," lifted and freer in spirit.

In this freer state we begin to have a real and palpable experience of oneness. We *feel* it; we experience it *happening;* we behold oneness taking place within us and throughout our consciousness, so much so that we are able to look "out" at our world, witness good or bad imagery, and ignore it. Oneness has become our predominant awareness. "One with God is a majority." We are so completely filled with oneness that the "rest" does not matter.

This is how we must feel in the world—strong in spirit, strong in oneness. Our strength of feeling is true conscious oneness. In that state nothing can hinder us, hold us back or make us fail. We have lifted above humanity and materiality which have many hindrances, delays and failures, into spirit which is and has only *good*—God, spirit and truth.

THE WAY OF HEALING

This degree of spiritual strength and conviction admittedly takes a real devotion to truth. We must fill ourselves with truth morning, noon and night, and if a problem presents itself to us, a problem that appears to be very real—a problem we feel threatened by or unable to quickly brush aside—we may need to read or listen to truth for many more hours before we feel released from the problem. Read this book or listen to a class, until you feel a spiritual response within you, an "Ah hah," a release; then stop and ponder that particular sentence or paragraph of truth for a few minutes; and then rest receptively with it in silence. Wait for the *feeling* of peace or warmth or love or light or a sense of greater release to well-up within. *This feeling or "happening" within* is *the wholeness and harmony of* God *(the healing) being experienced.*

However long it takes and by whatever means or combination of means you need this day—reading, listening, pondering, sitting in silence; and then reading a little more, listening a little more, pondering and sitting peacefully and receptively in more silence— *do this.* This is the way of healing. Keep going until you attain a state of spiritual peace which is greater than "you" and "your world"—greater than "the problem."

When you feel this state of greater spiritual peace, you have arrived at "the secret place of the most high." You have lifted above human and material sense, into spiritual sense; you have risen to *where God is* (conscious oneness), and to *where God is experienced happening as you,* your mind, body and world. As you have more of God happening in you than you have personal self, its world and its problem, your healing is taking place.

Conscious oneness is not only "where" God is but *is* "what" God is. When you are in a state of conscious oneness you *are one* with all the good that the world is and has because "I and the Father are one." God and form (the world, objective experience) are one; the world

MIND FORMS

Mind forms oneness into a multitudinous experience. Knowing this, we are able to "look out" and know that despite the multi-imagery we are presented with, all is one—God. All is *the one,* omnipresent, whole and perfect, peaceful and harmonious.

Sing the song of oneness, throughout your being. Constantly see, hear, taste, touch, smell and think oneness. Recognize all to be *the one* despite appearance.

In this state of oneness, rest receptively many times throughout the day and night, feeling God "happening." "Be still, and know that I am God." Bathe in that feeling as you would bathe in the sunshine. Let it fill you. Let it start living you while "you," like a bystander, observe it taking place. The "you" of you has become an observer. "You" are no longer living your life; God is living itself as you. "I live, yet not I, Christ [spirit, oneness] lives my life."

In letting God live itself as you, you become ever more released from that which appears to be good and bad. The sense of release and freedom in spirit, and of being filled with spirit, *is* the "healing"—the health, wealth, love, safety and security experienced. The release you feel is the release from the problem.

Daily lift into and maintain your awareness of one and let oneness live you. You will quickly become predominantly aware of *oneness*—God, spirit—being the only truth of mind, body and world. Your spiritual presence quickly becomes the influence, the cause, the very being *and form* of truth to and for your experience.

4

ONE

IT IS A STRANGE THING that as we seek God for corporeal good, we cannot find it, but as we seek God for God alone, we find God everywhere as corporeal good.

The reason is that God is *one*. If we bring even one additional idea or name to one, if we add even one belief, then we have *two,* which is not one. *One* cannot be two; one can only be one, and is only *evident* in a *conscious state of oneness*.

Two can never be one. When we bring even a single belief to one, we lose God altogether. We may believe we have God "and"—God "and" ourselves, our minds, our bodies, our loved ones; our finances, businesses, homes, neighborhoods, our worlds. But if we believe in God "and," we are fooling ourselves. Neither we nor a single place or condition in our universe contains God "and" because "God and" is impossible. What we have are two beliefs (two concepts), neither of which is God itself (and cannot be), even though we may *believe* one of them is God or that God is somewhere "in" our believed self or universe.

"GOD AND" IS NO GOD AT ALL

As soon as we introduce an "and" to our experience we have no God at all. God does not and cannot exist alongside an “and.” God is not buried deeply within a believed personal self and universe. God is not the “higher self” and we the “lower self.” God is *one,* God is omnipresence. God is the only. In all of existence there is no “and,” no belief; there is just God, just one, just spirit and truth. “I am the Lord, and besides me there is none other.”

God is *one . . . one . . . one.* Bring oneness up into your awareness. God is one . . . one . . . one. And because God is all, all is one.

A LENS OF VARIETY

When *one* shines through a lens of variety, one is observed as variety. If the lens contains ten different images, *one* is observed as ten different forms; if the lens contains ten thousand different images, *one* is observed as ten thousand different forms—as ten thousand different beings, objects, shapes, colors, scents, sizes, weights, amounts, places, conditions and circumstances.

One has not metamorphosed into many but is *experienced* as many. One is forever one and cannot be separated or divided into parts.

One is omnipresent. The whole is present and intact no matter how it appears to be.

God is *omnipresent one*. It is impossible for omnipresence to be divided and separated into pieces or portions; made into even two. One, which is omnipresence, forever remains one and omnipresent. Nothing in the infinitude can make one into two or into multiplicity. Nothing can be added to one; nothing can be taken from one.

One *is;* that is all there is to it. The multiplicity that seems to exist as our universe is *one*—God—simply ex-

The belief in disease, lack and limitation; of isolation, of aloneness, of separateness, of a divided experience consisting of good and bad, and believed to need God for its healing is unfounded in truth. All belief is unfounded. *Only God is; only one is.*

Each and every person and thing is the *whole* of one. God *is the one, the* infinitude, *the* omnipresence, *the* omniscience and *the* omnipotence of all. You are that one, that allness; I am that one, that allness; all is that one, that allness.

One cannot be or consist of anything other, different or less. Each being and thing is the whole and finished kingdom of God; each being and thing is the finished kingdom of one—oneness itself.

Look "out" into your consciousness—into the room you are sitting in. Realize that God is and fills all space, and is itself all formation observed in all space.

God is all you experience, despite the way any he, she or it appears to be or is believed to be.

God is and fills all space; God is itself all the form I observe—whether human, animal, object, color, fragrance, place or activity.

One is the universe of being. One is consciousness and all "in" consciousness. No matter how near or far a person or thing seems to be, it is right here, as the oneness of you. *One* is the entirety of you, the entirety of your experience. One is sensed as a multitude of "animate" and "inanimate" form (mind-body-thing-world-universe), but all is the one, which is God.

Even though appearance testifies to there being many, there are not many; there is not an actual multiple of people, things, places, amounts and conditions.

All is one—all is God. All "in" the universe is and has the quality, the nature, the character, the presence and the power of God. Nothing else, nothing different exists. *Only God is, only one is.*

Realize that your entire universe of awareness is God—*the one*—even though it appears to be a multitude. Multiplicity does not exist in one, but simply *appears to be.*

* * *

All is one, *the one*. The entire consciousness of you is God and full of God—one, just one. That *one* is not human, not physical, not material, but spirit; not temporal but eternal; not variable but invariable; not conditional but unconditional.

The *whole* of God (life, love and harmony; spirit and truth) is forever and unconditionally present and *being* all that you are and experience. You are spirit and truth; I am spirit and truth; all is spirit and truth.

I am spiritual being, with spiritual mind and spiritual body, experiencing the spiritual universe. And because spirit is one— THE *one—all that I am and have is one, infinity and omnipresence, wholeness and completeness.*

The kingdom of spirit (which is the only kingdom; the only being, form and experience) is forever in divine order, whole, complete, perfect. How important this is to know: God is forever in perfect order. Not one form or aspect of experience; not one thought, thing, place, activity or condition is out of order, incomplete, separate and isolated from the whole of good. All is one and inseparable; nothing lacks good, its fulfillment of being, form and function.

Nothing exists in a state of "otherness." Nothing *can.* All is the infinity and omnipresence of one which is unalterable.

One, which is itself infinity and omnipresence cannot be made finite or local; cannot be made to lack or to be limited; to be incomplete or dysfunctional; to be discordant in any way.

One cannot find itself in a position of struggle, of having to battle a disharmonious condition, to survive disorder.

One cannot find itself devoid of love, safety or security; happiness, joy or purpose; freedom and fulfillment of being.

One IS ITSELF *the whole of God, the whole of life, the whole of love, the whole of infinity and omnipresence; the whole of God-presence and -formation.*

One IS, *God* IS.

But it is only as *we,* by at least a discernable degree of continuity, bring *ourselves* into and maintain a *conscious state of oneness* that we find all these truths and promises becoming real and practical.

In *conscious oneness* we find our true and fulfilling life, the life that has seemingly been hidden from us, unobtainable, impractical and too good to hope for or to trust, while "we" have been left to do battle with ill health, lack and limitation. None of these struggles have anything to do with God or truth, but we have lived "outside of" truth in a conscious state of twoness, otherness and difference rather than of *oneness and wholeness.* We have lived in a state of believed multiplicity, of not only God "and" another, but God and a multitude of others. We have fallen foul of a multitude of beliefs and because belief and experience are one, our experience has been filled with legions of belief-forms—the forms of both good *and* bad.

Hear it. Because God is *one* and none other, and because God is consciousness, it is in conscious oneness that we find and *have* the life or healing that has so far eluded us. All the life, health and healing we can ever need or want is right here where we are, fully manifested and already demonstrated. All that God is is visible and tangible in the most real and practical way *in and as oneness.*

There is no such thing as unreal or impractical God, but we must realize that God is *one;* and because God is consciousness, it is a *conscious state of oneness* that evidences the reality and practicality that God is.

If healed and healthier, more vital life is what we need, we have only to realize that our true body is in perfect form and function, fully manifested and demonstrated here and now. Our perfectly healthy body is forever present, unchanging; tangible and real and evidently so in our *conscious state of oneness.*

Life *is,* and the is that life is is omnipresent; and because there is no such thing as "unformed" or "uncreated" life, we only have to *find* life and its perfectly healthy body-form in our awareness. Once we have found it, we *have* it as our body experience.

If we lose our car keys we do not think in terms of having to create them. We know that they are already created. We do not believe that we have to demonstrate them. We know that they are already demonstrated. We also do not believe that we have to heal them. They were never sick. We only have to *find* that which is forever whole, complete, visible, tangible, real and practical, which we have temporarily lost sight of.

In the same way, we have temporarily lost our sense of life, health and vitality, yet it is right here where we are. We have only to *find* it.

Life, which is self-inclusive and all-inclusive embodiment (just as water is self-inclusively and all-inclusively wet), is one. And because life is consciousness, the life or healing experience is *conscious oneness experienced.*

Nothing of life inclusive of its infinite formation is hidden when we realize what life is, where it is, and how it is found—where it is to be experienced, where the reality of life is freely available as our one and actual practical reality; what the visibility and tangibility of life is, and how it is seen and "owned."

ONENESS

That life, that reality (the only life and reality) is *oneness.* Lift yourself into a conscious state of oneness and then simply sit still and receptive. Let oneness live you. You will quickly have your tangible health or healing, your vitality and strength, your whole, true and real life.

Life *is itself* oneness; oneness *is itself* life—the life of the very body you experience. The healing and continued health of the body is *oneness experienced.* This body is the one body, the body of *oneness,* which is God or spirit.

The spiritual body is never sick, decrepit or dead, but belief makes it *appear to be.* Belief makes our physical *sense* of body appear to exist as a state of opposites: healthy, youthful and vital versus sick, diseased or depleted. But belief is not reality and cannot affect reality. The real body remains in perfect spiritual form and function, entirely unaffected by the thousands of beliefs held about it. The real body is *one—spirit*—and that spiritual body exists eternally in all its glory, vitality, beauty and purpose here and now, in and as oneness, and is ever available to real and practical experience.

Experience your real body now. It is waiting to be found. Go to it, pick it up in awareness, and *let it be experienced* by letting God experience it *for you*.

As you do, you will begin to realize that if you are (or any person is) suffering disease, injury or decrepitude, the real body can be found, picked up, and "within three days" brought forth. The "three days" are the length of time it takes us to realize, feel and sit silently experiencing the spiritual body coming forth as spiritual awareness. In a sufficient state of spiritual identity and silence this is achieved.

When it is known *what* the body is and *where* it is to be found, where it is picked up and lived in its whole and vital state, any individual is readily able to experience the true body. When the true body is lived, the sense of body not only heals, and heals quickly if not spontaneously, but it is from then onwards immune to illness, disease, accident, decrepitude and death.

MIND FILLED WITH GOD

In conscious oneness, we find our mind full of God and all the spiritual good and good form that God is. The mind of God is the one mind, the mind of oneness. Mind is not many, not 7.3 billion different minds in as many different people. God is one, and because God is all, mind is one; and because mind is form, form is one.

Because God is spirit, mind is spirit and spiritual. When we want to find that mind—when we have at last decided to give up the belief-mind and the struggle with its false forms—and find truth, we go to oneness and discover that the one mind is right here, ever available for us to take up.

The one mind is your mind. It exists in its fullness, ready to be picked up in awareness, adopted, and *rested in.* It is full of the good and clarity of God as every detail of you; it is and contains every person, form and amount of God, which is your fulfillment of being. You are ready to pick it up and are seeking it aright when you seek *oneness.*

The oneness of mind is the God, Christ or Buddha mind. To "have" it, we must put aside *our sense* of mind and let the one mind take over; let the one mind fill our sense with *itself, its* formation and *its* experience.

Is there a single thing to be concerned about or to battle with when it is realized that our minds, bodies and world are oneness—infinity, omnipresence, omniscience, omnipotence and eternity? Oneness is *where* and *what* our mind-body-world is. When we know that oneness is spirit not matter, infinity not finiteness, omnipresence not locality, eternity not temporality, what is there to be concerned about?

When we know this truth, do we have to struggle with our believed sense of mind, body or world? Do we have to sustain the body's health and youthfulness with pills, potions or surgical procedures? Once we realize that God is all and is eternal life, health, beauty and youthfulness, and that God is *oneness,* all we need do is lift into and remain in a conscious state of oneness, and let oneness experience itself as the mind, body and world we used to call "us" and "ours."

The experience of oneness is free and unconditional. If we need healing we are healed; if we need a greater sense of life, vitality, strength and purpose we find ourselves filled with these. The minute we get to oneness, *there* the good and harmony of life *is*. It exists there for our free and unconditional experience.

Go to oneness and experience your mind, body and world of truth. Nothing is hindering you. "Who did hinder you that ye should not obey the truth? . . . Arise, take up thy bed, and walk."

ABUNDANCE

In conscious oneness we find our infinity of form, including the infinity of the form we call "money."

In conscious oneness, good is not only limitless but omnipresent. Oneness *is itself* the infinity and omnipresence of all form. Money is just one of the boundless varieties of form we experience and is no different from or harder to evidence than any other.

If it appears that you are lacking a sufficiency of money, opportunity, customers, clients, patients, students, friends, colleagues or companions realize the non-truth of such suggestions. Lack does not exist; limitation does not exist; insufficiency does not exist; need or want does not exist. Only God exists, and God is infinite and omnipresent at every place and as all being and form.

Realize this truth. Stop struggling with belief and its false imagery. Realize that the only reason you or I will experience a lack of any form, including money, success, prosperity and freedom of expression is because we have been living with belief instead of God. We have had God "and"; we have had two. Most likely we have had many more than just two. The moment we have even God "and," we have no God. We have two *beliefs about* God, but no actual God.

But when we know that God is one and bring ourselves into a conscious state of oneness, realizing that oneness *is* infinity itself, and not only infinity but the omnipresence, omniscience and omnipotence of all; when we realize that by living in the conscious experience of oneness happening, all the forms of our experience evidence the harmony of oneness, then all we have to do is rest in oneness and let oneness repair our experience.

We then begin to notice our experience filling with the infinity and omnipresence of oneness. It does not matter what name or description we give to one or a multitude of forms. Our experience fills full of the oneness we are *living,* that we are now *being,* that we know all form, all experience, actually *is* and is full *of*.

"The earth is full of the goodness of God." The earth (including everything everywhere in it and of it) is not the multiplicity of different and separate beings, things, conditions; causes and effects; time and space that it appears to be, but is one and omnipresent. The whole of infinity is one. The macro of apparent multiplicity is actually the micro of one.

Because mind is form, and mind is infinite in idea and expanse, mind is observed or experienced as an infinite variety of formation, a magnificent expanse of three-dimensional and five-sensed form. But variety, idea or form are unchanged oneness. One forever is and remains one—the one presence, one quality, one nature and one condition, "inside" and "out"; nothing other, different or less.

LOVE

In conscious oneness we find our love and relationship—our one most intimate, and that of family, friend, neighbor or colleague.

Our conscious oneness is our oneness as and with all being, all condition, all activity, all expression. As we know oneness to be all, despite appearance, despite suggestion, despite belief, then of course as we live as oneness (or more accurately, as oneness lives us, as oneness instead of belief is being our experience), oneness is one *as* all being, all relationship.

There is no separation, no division. Oneness is all; therefore all is *the* one, *the* infinitude, *the* omnipresence, *the* omniscience, *the* omnipotence of one. Conscious oneness *is itself* our oneness as and with all relationship.

The first effort we have to make is to bring ourselves to oneness. We have to bring ourselves home, to our truth. We have to drop the variety and multiplicity of experience, the good versus bad, realizing that it *of its own self* is nothing. We have to lift into oneness by contemplating oneness, God, infinity, omnipresence, spirit, the incorporeal one presence, one being, one form. Once we are home in oneness, we rest and *let* oneness itself, God itself, the whole universal consciousness itself *be revealed* as loving and fulfilling relationship.

ALL IS

Nothing has to *become* whole and complete; nothing has to evolve. Nothing, not even God, has to *produce* good, harmony, health, abundance, love or peace in the body or the world. God, which is all, already *is* one.

One is whole*ness* and complete*ness*—miracles of experience that we could not even begin to describe.

This is what one is, this is what *is* is, this is what the you of you *is,* the I of you *is;* what mind *is,* body *is,* being *is,* amount *is;* this is what all *is.*

We forever are and experience oneness even though our experience seems to be a multiplicity, a world and universe of difference.

Existence is not a multiplicity or a variety. Existence is one because only one is. As we rest in *one,* we rest in *is.* We rest in the *is* of the finished kingdom. We do not attempt to use God or oneness. Do not attempt to have God fulfill "your" belief, "your" sense of need, "your" sense of being, and not only fulfill it but fulfill it by a certain date. Do not attempt to use God. You will fail. God cannot be used.

God *is;* therefore *nothing can be used.* God *is,* and God is all; therefore all *is.* Can you deeply and thoroughly hear that? *Nothing can be used.* Nothing can be used to achieve something else—to achieve gain, glory, result—because all already *is.*

God is that *all;* so do not try to use God. And do not try to use anything of the world because everything of the world *is* God. Simply rest in *is.*

All *is,* and if all *is,* all of experience *is.*

Think on these truths.

5

MIND AND BODY

IF GOD IS ALL, which God is, *mind is God.* Do not attempt to use the mind to achieve a result, to manipulate or create good, or to heal. Instead, realize that the mind *is,* and that *is* is already the whole of God, infinity and omniscience aware of its one form as all. Release the mind and let it be your faculty of spiritual awareness. When you do, it presents you with the glorious and united spiritual universe, populated with spiritual beings, things and conditions, in perfect order and about their divine purpose.

Body *is.* Do not attempt to use the body, and do not attempt to use the mind to heal the body. Do not even attempt to use spiritual awareness to heal the body. If you attempt it, God is unavailable to your experience; you do not have any of the spirit you believed could be used to heal the physical body.

You cannot use God or spirit to heal the physical body because the body is already God and in perfect spiritual order. The body is spirit, the one presence, form and function which is God. The body does not need anything from us except to be recognized for what it is, and to be left alone to *be* what it is: God, spirit and truth, divinely and eternally healthy, purposeful and free.

Leave the body alone and get into oneness. Realize that *oneness is the body.* The physical sense is not the truth of the body. Oneness is the truth of the body, its only truth, its only formation, organ and function.

Leave the body alone; leave the physical sense alone, and come to where the *real body* is. The real body is fully and eternally functional and purposeful. Come to where this body exists. Come to the truth of this very body by dropping the false sense of it. Come to oneness, rest in oneness, and let the spiritual body reveal itself as the sense of body.

Simply rest, and *feel* (experience) God happening as itself, as *one—the* one that *is* you, *is* all.

Feel God happening as your entire sense of, and practical, tangible experience of, the universe—of mind, body, and all.

Experience the spiritual you, body and universe, not the false, material sense of these.

SPIRIT NOT MATTER

Oneness is spirit, not matter. What is called "matter" is sense. *All* is spirit. Our corporeal or material sense of spirit, in and of its own self, is not erroneous. There is nothing erroneous about sense. Leave sense alone. Realize that the infinity of sense is one, the one which is spirit, not matter, physicality or mentality, but spirit. In this realization, rest and simply *behold* the miracle of God *being* all.

Rest realizing that God, therefore *all,* is already whole, complete, finished, and forever in perfect order. As we stop struggling, stop doing battle with that which seems to be real and instead rest in that which *is* real, we are flooded with spiritual light and peace. Our senses are filled with truth. Our minds and bodies are illumined and experienced as they truly are—healthy, vital spiritual form and function. Spiritual good fills our world. Spiritual reality is illumined and alive in us.

"I [oneness] have food the world knows not of." I, oneness, have form the world knows not of. I, oneness, have life the world knows not of. I, oneness, have abundance the world knows not of. I, oneness, have customers, clients, patients, students, friends, companions, colleagues that the world knows not of.

I, oneness, have love and relationship the world knows not of, and knows not how to experience, or how to find. I, oneness, have peace and harmony, stillness and silence the world knows not of, and knows not how to experience. I, oneness, am and have safety, security in all its ways and forms that the world knows not of.

I have spiritual awareness and spiritual experience the world knows not of. But that *I* that is and has all of this is *oneness*. *I* does not consist of two or more. We must not name people, things and conditions as if they were real of their own selves. All apparent beings and forms are *one* (God) appearing, to sense, to be many. We have to know that all is *the one,* and nothing but the one—one with not even two, not even one other. There is the secret, and the experience of the true good.

* * *

I have God manifestation and demonstration the world knows not of and knows not how to experience. A conscious state of oneness is and has the fullness of God manifestation and demonstration—not *to* be, or *to* gain, or *to* manifest or demonstrate; but *I am* the demonstration, *I am* the manifestation, and that *I* that I am is a conscious state of *oneness*.

* * *

I am and have God visibility and tangibility the world knows not of. Nothing is hidden in the mind of God, the mind of one. Nothing is un-manifested or un-demonstrated in the mind of one, the mind of God; nothing is invisible or intangible in the mind of oneness.

Nothing has "yet" to be present in the mind of God. God *is,* and because God is one and all, *all* of God is already and forever present, unfolding in our awareness step by step, hour by hour, day by day as the harmony and wholeness of formation—all being, organ, function, place, amount and condition.

ONENESS *IS*

Oneness is. We are no longer of anything but oneness; we no longer live by anything but oneness. It is because of oneness *lived* that all is whole and complete.

When we have and we live by and out from oneness; when we know that the multiple variety of formation and experience is not what it appears to be, but is *the one;* and when we know that that one *is* wholeness and completeness, *is* the finished kingdom, *is* infinity, omnipresence, omniscience and omnipotence, how on earth can anything be incomplete? How on earth can anything lack or be limited? It cannot. How on earth can anything be or remain ill, diseased, injured or decrepit? It cannot. But we have to know that *one* is the *only,* and we have to then *be* a conscious state of oneness. We have to *let oneness itself live* everything we are and have. We have to let oneness *be* our experience *for us.*

"My peace I give unto you." My light I give unto you; my

throughout you as every detail of your universe.

God is the only reality and practicality; God is the *oneness* that *is* reality and practicality. God, oneness, *is* the mansion of experience. Conscious oneness *is* the mansion of being, mind, body, world and universe. Conscious oneness *is* truth experienced.

God is omnipotence. God itself, conscious oneness itself, is the one power and presence of all experience, the one power and presence of harmonious, peaceful and fulfilled life. Omnipotence is the one power, one presence, one form. You do not have to use a "personal" power; you do not have to think or act in a certain way to "create" life or healing or vitality.

You do not need to think or act in a certain way to create abundance, success, financial security, to create love and loving relationship, or harmony and peace between people, neighborhoods, businesses and nations. All of God creation already *is*. All of creation is the finished kingdom of God, which is omnipotence, omnipresence, omniscience, infinity and eternity.

Nothing exists that is not God. God is all, and because God is good alone, all is good. "God saw every thing that he had made, and, behold, it was very good." The all good that God is is all that you are and all that you experience. You are only required to rest, relax, and behold the miracle of God happening as and in and throughout you—your consciousness, your entirety.

Do not be concerned about anything of appearance, of form or condition, in and of its own self. God is greater than all because God *is* the one presence and power of all. The "all" that God is greater than is belief and its appearance-form.

No appearing form, condition or amount; nothing of mind, body, business, finance, relationship, neighborhood, nation or world *in and of its own self* has any reality to it, or operating in it, that can, for even one more hour, sustain itself in your experience.

None but God is. The multiplicity of experience and all form and power of it are nothing in and of their own selves. He, she or that which is least in the kingdom of God is greater than he, she or that which is most powerful in the world. "Greater is he that is in you than he that is in the world."

He that is in you, oneness that is your (and your world's) truth, is not only greater than any one thing in the world but is greater than the everything in the universe put together.

He that is least in the kingdom of God is greater than he or it that is most in the world—the most terrifying disease or injury, the most life-threatening, the most financially threatening lack, limitation, condition or problem, the most difficult of relationships, the most seemingly insecure and unsafe circumstance, the most threatening war, the most overwhelming natural disaster. No matter what the problem or threat to one's life, safety or security, it is as a drop of water to the might of the ocean.

Just as the least of the ocean is greater than the most of the drop of water, the least of conscious oneness is greater than the most in the world.

Even if the entire world were threatened by disease, financial ruin or war, it could not and would not affect you or me, even by our least amount of conscious oneness, because "He that is least in the kingdom of God is greater than he that is most in the world."

"My Father is greater than all." As we abide in "the Father"—in conscious oneness—we have, and are beholding the greatest presence and power of all, the ness, and behold oneness happening in you and through you as the harmony of experience. Then watch how quickly and naturally discord dissolves.

It does not matter whether your world seems to be so threatening that it will finish you by tomorrow, bankrupt you, ruin your relationship, take away your home or business, leave you destitute and without hope. It does not even matter if death seems imminent. Simply come to oneness, rest, and behold oneness acting and resolving everything for you. "I go before you to make the crooked places straight."

Do you see? *I* goes before you.

"Before you call I will answer." *I* go before you. *I* act for you. *I* am the activity of truth in, as, through, and *for* you that melts all discordant, diseased, untruthful, limited and lacking experience. It does not make a difference what appearance suggests is reality. "He that is least in the kingdom of God"—that is you and me, he and she who are the least able to lift and stay in conscious oneness, but are trying our best to—"is greater than he that is most in the world."

There is no need to attempt to "use" God to heal or save you or any condition that is threatening you. Never attempt to use God, use oneness, use peace for anything. The attempt to do so will cloud the evidence of your harmony as quickly as closing the blinds shuts out the sunlight. You need make no effort, even mental effort. Simply rest and behold the reality of the *I* of you, the oneness of you *being* the harmony of all in your life.

Rest and know that your entire consciousness, your all-inclusive experience of being, is God and is filled full of the presence and power, the perfect and abundant formation, of God. Know that God is unconditionally yours in real experience as you come to one, abide in one, and let one be everything of experience for you.

Let oneness live you. "I live, yet not I, Christ lives my life." God (Christ, Buddha, oneness) is and lives my life *for me*. The earth is visibly full of the goodness of God *when* we know that the earth is in fact God, and we continually let it, through our stillness and receptivity, our nothingness of self, reveal itself as our harmonious experience.

ONENESS IS FULL OF THE GOOD OF GOD

Oneness is full of the goodness of God. Go to one and experience the fullness of that good. It is yours freely and unconditionally.

Most importantly, as we know this one truth, as we continually go to oneness, as we maintain our conscious oneness as best we can, and as we rest and behold oneness *being itself as* our mind, body and world, then it is—and this is our purpose of being—that we not only experience "our" healing and harmony but are the influence of truth for every person, thing and condition that touches our consciousness. I exist and you exist so that the glory of God can be revealed, so that the truth of all be revealed. In and as oneness, truth is revealed. This is the most important reason for our awakening, for our living in truth.

We do not need to find a way of healing, prospering or bringing love, peace, purpose or fulfillment to ourselves. Good heavens, we already are and have the whole of God, the whole of life, love and infinity in the palms of our hands; and when we go to oneness and abide there, we very quickly discover that we do. We very quickly discover that all the promises of God are true, but they are not to endow a personal self with longevity, beauty, love and riches. Rather they are to lift, feed, comfort and reveal the truth of the world.

"I am the light [oneness] of the world," and when I know this truth and am letting oneness itself *be the light of truth for me,* then it is tangibly true that I am the light of the world, that I am the food, comfort and healing influence in and for the world.

I am the light that fills every person, place and condition, dispelling the fog of sense, awakening all to the clear-seeing of truth in all its infinity and omnipresence of good.

Truth is not about satisfying the personal self but about discovering and revealing the *one* that God is as all. When this greatest of all principles is discovered, and when our intention and effort are truly to evidence the universality and omnipresence of God, we find every category of life—both that of "ours" and that of "others"—equally filled with the treasures of good.

6

I AND EXISTENCE ARE ONE

LET US BECOME QUIET, take a deep breath of relaxation, and feel a receptivity within.

Know that you are open and receptive to the message of truth. As you read, realize that you do not have to make truth true. Truth is already true. All the truth you are reading about is already the truth of you.

All you have to do is lose the *belief* that your existence—every form and aspect of it—is different from that of God. In the awareness that all is God, rest and freely receive.

We do not have to struggle to attain God; we do not have to grasp for truth. If we struggle and grasp, truth seems to run from us. It's a strange thing. The more effort we make to "get" God the more of good seems elusive. But the moment we know that God already is, relax receptively, and *let truth fill our awareness* (which it quickly does as we let it), we discover that we've had it all this time.

Truth *is* already and eternally who we are, what we are, what our minds are, what our bodies are, what our entire universe is, and what it all consists of. All is already God, but because we have not believed it, because we have misidentified who we are, what we are, what we have, we have not tangibly had it.

We have struggled for God like a drowning person struggles for air, and we have discovered that God runs from us. But if we stop our struggle, stop doing battle with that which seems to be, and simply sit still, quietly receptive, we quickly discover that God is right here where we are.

God is right here *being* us and all. God, being the only, the one existence, is what we are and what we have—every form, place and condition of what we have. Be still, rest; be quiet, be confident. There is nothing to be insecure or fearful about. Be confident in God and simply allow the light of truth to permeate your senses, to overflow as your presence of being, your mind, body and universe and everyone and everything, every place and condition, every activity and amount in and of your universe.

A WORKING PRACTICE

How much we have longed to find "the secret place of the most high." What we would give to find it, to be able to rest in it, to be able to see ourselves and our universe out from the secret place of the most high.

"The secret place of the most high" is the secret place of oneness—the conscious state of oneness. Intellectual oneness does us very little good. But *conscious oneness,* which is our bringing our awareness into a conscious state of oneness (the recognition and *feeling* of *one* being all) is the "secret place," the secret state of God-being, or God-consciousness.

Let me give you a working practice—a working meditation (below). As you keep this up, it will quickly evidence the fruits and treasures of the kingdom of God throughout your life—good without opposite. It quickly transforms any discordant or diseased or lacking or insecure or unjust or seemingly hopeless experience, and reveals its harmony, peace and fulfillment. Follow this and use it as a practical way of meditation to lift into and remain in conscious oneness. "Thou wilt keep him in perfect peace whose mind is stayed on thee." Keeping awareness *stayed on God*, on one, *is* the "secret place," the secret state of being. It is the secret of the practice of oneness.

God is one, just one. All that you are and all that you experience—all that you see, hear, taste, touch and smell, all that you think and all that you think about; all of your universe and everything everywhere in it and of it (every person, thing, place and condition)—is, despite appearance, just one.

All is one, THE ONE *that is God and nothing else. God is not two, not "and" anything. God is one, and that one is spirit—incorporeality. God is not matter or corporeality, but spirit, incorporeality.*

"Ye are the temple of the living God." Your I, your consciousness, your all-inclusive being and universe (both your most "inner "and "outer" experience) is the temple of the living God, the temple of consciousness—the temple of the living oneness, the living spirit, the living awareness; the temple of the conscious God awareness.

Consciousness is your universe and consciousness is God. God is and fills your universe. God is the very life, form and function of your existence; God is your mind, your body, your world, your entire global experience and all the form that constitutes it.

God is all; God fills all. God is the very formation of all, the very everything everywhere of your consciousness from that which, to sense, exists right in front of you, behind you, to the left and right of you, up and down, from the deepest "inner" to the most distant "outer" form or thought.

God is it. This is the actuality of you which is called "the temple of the living God"—the entirety of your consciousness.

As we remain consciously aware of this truth, as we keep our mind stayed on God, we are in the secret place or state of conscious God awareness. As we stay in conscious God awareness we *have* all that God is and has. We *have* the infinite and omnipresent gift of God, the gift of the oneness of all.

We do not make effort, we do not struggle. We do not have to. We do not have to do battle with anything of sense, good or bad. *In conscious oneness,* we are and have the living temple of God, the living consciousness of God because we have brought *ourselves* (our awareness) to that secret place and, therefore, experience the treasures of God throughout our consciousness (our universe). Here, there and everywhere becomes evident as God, good. False experience dissipates and truth emerges.

Once we are in a conscious state of oneness we can relax. There is nothing to fear. We can rest and *behold* God in action because in a conscious state of oneness the whole of the kingdom of God is laid out before us. We do not create; we behold. We are not creators, but "servants"—as the sunbeam "serves" the sun and the wave "serves" the ocean.

God is creator, created and creation—all one. We are the "children" of the creation. Children are not expected to create their lives. Children receive the gifts of the parents; and as the offspring of God, we receive the gifts of God so that our lives may be abundant. "I am come that you may have life, and have it more abundantly." This not only speaks to immediate life but the whole of life in all its forms and categories. We have all of life more abundantly as we stay in conscious oneness and behold the kingdom of "earth as it is in heaven" full of the gifts of God.

"Ye are the temple of the living God." The promise or principle of God is "I shall dwell in them, and walk in them; and I shall be their God, and they shall be my people"—people filled with the goodness of God, the oneness of God, the one gift of God which dissolves all that is un-God-like. In conscious oneness there is none other, nothing different, nothing less, nothing opposite.

"I WILL BE THEIR GOD"

"I will dwell in them, and walk in them, and I will be their God, and they shall be my people." In that case, for what do we need to take thought? What do we need to correct, make good? What do we need to transform, prosper, pacify, heal?

How can we continue believing that we are responsible for our fulfillment, our life, health, happiness, love and prosperity when we hear "Ye are the temple of the living God" and "I will be their God"? You are not what you have believed you are. You are the temple of the living God.

I will dwell in you, and walk in you, and I will be your God, and you will be my person. I will be your good, and you will be my person filled with good—the person of God, the person who *has and experiences good without opposite.*

"The earth is full of the goodness of God. . . . The earth is the Lord's and the fullness thereof," but until it is realized that God is *one,* and that *one* is all, such spiritual promise and assurance is of no avail to tangible experience. The promises of truth are impractical because we have not made God the *one* and the *only* in us and of us, and the *one* and the *only* of every aspect of our experience. We believe that we and our experience are different and separate from God—something other than or less than God, something other than oneness. Such belief is untrue. It is because it is untrue that we have been unable to evidence that which is true.

GOD IS ONE AND OMNIPRESENT

The infinite variety of people, things, activities, places, conditions and amounts we experience are conceptual forms or images of oneness. Each form is itself the whole of one, the infinity and omnipresence of one, of God itself. There is no other "type" of existence or form.

Oneness is always whole and complete; oneness cannot be divided and separated into parts. Each seeming "part," each form, is the whole. Each being, and each atom and cell of each being, is the whole. No part or form is what it seems to be; all is the whole. Each organ and function of each body is the whole of existence, life and vitality because God is one and omnipresent.

We can observe one object or person or one thousand, but each is the whole of God. We can have one dollar to our name or one million, but each dollar and each one million dollars are one and the same—the whole. Oneness is indivisible and inseparable, invariable, constant. How fruitful it is when we take oneness into contemplation, when we live with the truth of oneness every breath, every step, until it "takes over" and lives us. As oneness lives us, God is perfectly visible and real to us.

INDIVISIBLE AND INSEPARABLE

Oneness is indivisible and inseparable. Images or forms in and of their own selves have nothing to do with oneness. They are nothing but images or concepts within the infinite ocean of oneness, the infinite ocean of omnipresence. No one being, thing or condition *itself* is greater or lesser, more of God or less of God, more true or less true because only oneness itself is God.

Form in and of its own self is not God, but is transitory concept or belief *about* God. Each moment of our experience is transitory concept or belief—coming into experience, living for some "time," then fading into another changing or different moment.

All belief-experience consists of both good and bad—temporal, variable, good and bad form. The moment we know that God is one and invariable, indivisible, inseparable; that *oneness* is both *where* God is and *what* God is, and the moment we begin to abide in oneness, be as one, and maintain even a measure of constant conscious oneness, we are able to witness God as the forms of experience.

We witness healing and transformation of even the most dire disease or discord; we witness God as the fulfillment of all we are and have and do; we witness the image and likeness of God everywhere about. We witness the power and presence of *one* as the reality of our experience.

"I have food to eat the world knows not of." I have form unto infinity the world knows not of. I have the infinity and omnipresence of form the world knows not of because the world believes form in and of its own self to be an entity, a reality. But form of its own self is unreal. Only God is real. Only *one is,* and one itself *is* the infinity and omnipresence of all.

Knowing this truth, abiding in conscious oneness, and letting conscious oneness *be* what I am, who I am; be the content of my mind and thought; be what I realize and recognize as my entire being and world, I *have* the infinity and omnipresent form the world knows not of.

I have the form of one, of God, the world knows nothing about.

I have the one form that is all form the world knows not of.

I have the one form that IS ITSELF *the whole of God as all.*

I have the one form that IS ITSELF *the infinity of every form in existence, freely available to me and my experience, and with which to give, serve and share, without limit,* AS LONG AS I KEEP MY MIND STAYED IN CONSCIOUS ONENESS*—in God as all, oneness as all; as long as I keep myself fueled by God itself.*

One . . . one . . . one.

APPEARANCE

Ignore the appearance of multitudinous person, place and thing. Realize that, contrary to appearance, all is one and one *only*. Never judge by form; never believe appearance in and of its own self—the seeming nature, character, quality or measure it suggests is "real." Form is never what it seems to be. All form is *the one*—the whole of one, the whole of God.

God, one, is the only being and form, indivisible and inseparable. One cannot be separated or divided, made into a variety of different and incomplete parts, categories, qualities or conditions. God, which is one, is indivisible, inseparable, invariable. There is not "more" or "less"; there is only the whole, the one, the entirety of infinity and omnipresence, omniscience and omnipotence.

God, one, is the only, and that one IS *infinity itself. Oneness* IS *infinity, and because one is all, a conscious state of oneness is a conscious experience of the infinity of all form.*

The same is true of omnipresence, omniscience and omnipotence. One *is* omnipresence, omniscience and omnipotence itself; and because one is all, a conscious state of oneness is the conscious experience of all form beheld as infinite, omnipresent, omniscient and omnipotent.

MIND-FORM

Mind is form; form is mind. Mind, being God, which is infinite, forms an infinity of oneness. Oneness is experienced as an infinity of formation, but each and every element of form is itself the whole of, the infinity and omnipresence of, one.

Form does not, nor can it, change oneness into fractions, into an actual variety, into different substance or material or character or amount or quality; mind does not change one into lesser or separate form. Form is not at all different from God. When this great truth is known and allowed to live, the infinity and freedom of form is ours in tangible and practical experience.

One is one. Nothing changes this truth. In a conscious state of oneness we have arrived at the secret place of the most high, the most one, the most God. As we abide *there* in conscious oneness and live out from it, we experience oneness as real and practical form. Our thinking is about one, not one "and," not about multiplicity.

We do not entertain the belief in difference, in more versus less, in God "and" matter. We are filled with one and oneness. We are aware of the one body and what that body is, which is one and oneness—spirit, incorporeality never anything different, never physical; not consisting of physical atoms and cells, organs and functions on which the body is dependent for its life and longevity.

Life is God, life is one, life is consciousness, and so do you see that when we are in a conscious state of oneness, we *have life*. A conscious state of oneness *is* conscious life and everything included with conscious life, which includes the conscious life of the mind, the body and all organs and functions.

The body does not have a set of different organs and functions. The body has just one, and that is God itself, oneness itself.

How do we witness that one, how do we experience the healing of a body or an organ or function which we believe to be physical and different from God or one, and on which we believe our life depends? We come to conscious oneness. In and as conscious oneness we *have* life; we *have* the healing of belief, we *have* the healing of the "physical" body—of whatever sickness or injury it may have been suffering. In the light of conscious one-our senses for us, heal our form, finances, conditions, places, business, relationships, neighborhood, nation and world.

The moment we realize what all is—consciousness, "the temple of the living God"—and when we then rest in that temple of conscious oneness and let God get on with being God *as* that temple, then the miracle of good is quickly evident.

Whether a single cell or an entire body of cells, a tiny pebble or the Himalayas, a single dollar or one million dollars, a single person or 7.3 billion people, a tiny village or a bustling city, a cancer or a perfectly healthy body, *all,* despite appearance, is God—the very presence, the very living temple or consciousness of God.

All, despite appearance, despite the most persuasive belief, is God, *the* one, *the* whole, never greater or lesser, never divided or separated, never categorized, never different in nature, quality or amount, but forever *one,* God without belief, good without opposite. When we know this truth, *what* it is (oneness) and *where* it is (oneness), and then bring ourselves into a conscious state of oneness, we *have* the infinite and ever-present resources of God.

Certainly, the world knows not of these resources; the world cannot access or experience them. But even a grain of conscious oneness actually lived is greater than that which is in the world.

One with God is a majority. Even if our whole world seems to be collapsing around us, our conscious oneness with God proves that matter has no power to hinder or destroy us, and that actually our world is heaven. "As in heaven so on earth."

When we maintain ourselves in a state of conscious oneness we have the infinity and omnipresence of all form. No matter what its name or category, we have the infinity and omnipresence of all form because we know that form is not what it seems to be, but is oneness, God. Everything "connected" with each person, thing or condition is, despite appearance, oneness, spirit, God.

As long as I have that one, as long as I maintain conscious oneness, as long as I can look "out" into my world and know that I am observing just one and not many, then I have the infinity, omnipresence, power and freedom of God, good without opposite, as all form.

These infinite resources of good are at my constant and unconditional disposal because I "stay my mind on thee," because I keep myself in and being, a conscious state of oneness.

I AND EXISTENCE ARE ONE

"I and my father are one." I and my true state of being are one *because I have brought myself* to a conscious state of oneness. I have given up two-ness; I have given up multiplicity, variety, category, difference. I have given up belief, concept and false identity.

Just one; this is what I keep in mind, this is the song I keep singing within—*just one, just oneness.*

"I live and move and have my being in God." I am, my mind is, my body is, and my entire universe is (lives, moves and thinks in) oneness.

Just one, that is all. Just God. I have given up dividing and separating. I have given up believing in difference and measure, time and space, cause and effect, and now I am filled full—and I make sure that I keep filling myself full—of oneness.

I keep singing the song of oneness. I keep reminding myself of JUST ONE; *not many, but* ONE *alone,* GOD *alone.*

Live now, my friends, with the eternal song of oneness.

Just God . . . just spirit . . . just oneness.

Keep your awareness filled with just one. Sing the song of oneness one thousand times a day.

One . . . one . . . one.

Then rest many times during each twenty-four hours in your attained state of conscious oneness. When you feel that conscious oneness is true; when you have for this moment attained a state of conscious oneness; when conscious oneness *feels greater* than appearance—when you feel its presence happening within—rest. This is the time, or state of being, in which to stop your effort and rest, *letting* oneness *be everything for you.*

Simply rest without thought, without concern, without effort. Rest without believing you have to "do" something, or that something material or structural has to "change" in order for harmony to prevail—in order for your health or healing to come about, for sufficient money to be available, for love to be yours, for relationship, family, home to become harmonious, for safety and security to become tangible. Forget the problem and the need. All of these are but belief and the false experience of mis-identity.

When you have attained a state of conscious oneness, rest and *let* God *be* God. *Let* God be "the temple of the living God," the temple of your living consciousness.

But realize that "the temple of your living consciousness" must be God's temple, God's living consciousness which is experienced only as "you" rest and let God be for you what God-life is, what God-mind is, what God-body is, what God-thing is, what God-activity is, what God-amount is, what God-world is.

Rest and let God get on with *being God as you* and *as everything* in your experience.

Do not doubt that God *is.* Wherever you look, wherever you place your thought, wherever you go *there I am. I* am all. I am not what seems to be; I *am I alone.*

Whatever seems to be, whatever you think about, wherever you go, and whatever you do; whatever you believe has to "happen" according to appearance and human sense, is not God, is not what actually is, and is not what actually has to happen. What all actually is is God, oneness, in perfect and eternal, here-and-now order. The only thing required to tangibly experience our God-life is the filling of our senses with living God awareness.

As quickly as we have arrived at a conscious state of oneness, we can drop every belief and fear. We can rest and relax because we now know that form and condition without belief are God, the presence and formation of good. We can put down every fear and concern because we are home in the bosom of God. *There,* all we have to do is rest and freely receive.

Be still and know that I, conscious oneness, am God. And because I am all that you are—absolutely every atom, cell and fiber of you; every form and activity of your experience—you have only to let me be me.

Let me be conscious oneness throughout you. As you rest in *me—in stillness, silence and receptivity—you will quickly see me as the harmony and peace of you and of your world.*

You will begin to see me everywhere, as all that is. The false identities of your mind, body, and world begin to dissolve, and the boundlessness and freedom of truth emerge.

The true life, love and abundance of being and world emerge through the dissipating fog of belief the moment belief is dropped, and God, conscious oneness, is lived. The joy, fulfillment and purpose that have been clouded from experience emerge, strong and free, and often in such a rush that it seems as if the "old" you and "old" set of limiting circumstances never existed. Indeed they were never real; they were only believed to be.

All is the whole of God—infinity and omnipresence. All that God (good) is and has is already everywhere present. God is right here where you are, the only form and condition. In the very place where a different condition seems to be, where something less than the perfection and full visibility of God seems to be, there God *actually is.*

That which has turned up as illness, disease, poverty, lack, limitation, insecurity, hate or injustice is *collective belief unwittingly accepted as real.* When we know that God is and that nothing but God is—that oneness is and nothing but oneness is—we only have to rest, and we will find that our senses become so filled with God that we cannot look anywhere into our universe and not see God.

In conscious oneness rest, and all the fruits of truth, all the awareness, life, abundance, love, and purpose of God flows forth and becomes perfectly visible and tangible. All good is evidenced already manifested and demonstrated throughout you and as everything you

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TO KNOW IS TO HAVE

To *truly know* is to *have*. Knowledge is demonstration. "I and my Father are one." To claim knowledge but lack demonstration is unknowing. It is by the degree that an individual's life is fruitful, peaceful and free that you know his state of spiritual awareness. "By their fruits ye shall know them."

Truth and its fruits (demonstration) are not intellectual knowledge and understanding alone. The intellect may believe it understands an aspect of truth the first time it hears it. We may quickly "get" it. But intellectual understanding is dry and shallow ground in which the seed of truth cannot find root and soon shrivels and dies. It is only as the soil of our being is sufficiently deep and nutritious—as we begin to *feel* the truth, *feel the presence* stirring within—that we are awakening to reality and beginning to evidence God as our mind, body and world.

It is in the realization, in the *feeling* of truth that we find our freedom and fulfillment of being.

INFINITY *IS* ONENESS

God *is,* one *is*. Nothing "else" is.

God is one, and because God is all, all is one. And God, one, is spirit. Spirit is incorporeal and cannot become corporeal. Lift above corporeal awareness and begin to be aware, to think, in terms of incorporeality.

God is infinity. Hear it; emphasize the word *is*. One *is* infinity itself. No other "type" of infinity exists, nor does infinity exist anywhere else or as anything else. We cannot experience infinity unless we are experiencing oneness.

*Infinity is oneness itself, God itself, spirit itself. Oneness is—itself—*THE *infinitude. There is no infinity outside of or other than or different from oneness itself, which is spirit or consciousness.*

Spirit, consciousness, oneness, God IS ITSELF *infinity.*

Remember, as soon as we have one "and," as soon as we have "two," we do not have any of God, any oneness whatsoever even though we may believe we do.

Without oneness we do not have any of infinity whatsoever. We have two beliefs, neither of which is nor can be infinity. Only *one* is infinity; only God is infinity; spirit, consciousness *is itself* infinity.

Nothing but a God state of being can evidence or bring forth the infinity of form because *only God itself* is infinity, and God is *oneness*. And because God is consciousness, only a conscious state of oneness evidences the infinity of form in experience.

In the same way, God or oneness *itself is* omnipresence, omniscience and omnipotence. As soon as we have anything "additional" to one, we have no oneness, no God whatsoever, but merely two beliefs.

God is not present in experience at all as soon as we introduce an "and," a belief. Just one "and"—one belief—fills our universe with "two." It is impossible to evidence God in a state of twoness. God cannot be made into something that God is not. God cannot share itself with something "else," making a second "type" of God. It is impossible. God is the one and the only, the infinite and the omnipresent. Nothing "else" is and nothing else can be.

One *itself* is omnipresence. If we believe in the existence of something "else," that "something else" cannot possibly reveal the omnipresence of God that it truly is. The person, thing or condition believed to be something other than God cannot become evident as the wholeness and completeness—the God-form—that it actually is. Belief makes us blind to that which is, just as darkness makes us blind to the earth on which we are standing.

It is utterly impossible to see God-being and God-form when person or form is believed to be something other than God. God is infinite and omnipresent, *oneness* alone. God, oneness, cannot see two, and cannot make two into one, into God-good. No way exists to make something believed to be other than God reveal its God-quality—the health, wealth and harmony it truly is. Only one is, and only oneness sees itself.

What does oneness see itself as? *One.* As soon as we have "otherness," we do not have and cannot see God as the forms of our experience.

The same is true of omniscience. Omniscience, the all knowing, all-wise mind of God, is oneness. As soon as we have one "and," God "and," we have no oneness at all, no God at all, therefore no omniscience at all. Then it is impossible to bring forth omniscience from form or condition because omniscience is not available in an "and," in the belief in an existence other than, less than or different from God.

Equally, omnipotence *is* oneness; omnipotence *is*

God. As soon as we have something "else," omnipotence is not and cannot be evident because the only omnipotence *is* oneness itself, God itself. We cannot make of God "more" than God is. If we attempt to, we just have belief, and in belief there is no omnipotence and no way of reaching omnipotence. In belief it is not possible to evidence omnipotence in or as, or governing, the forms of experience.

DETECT AND DROP SUBTLE BELIEF

We have subtle beliefs that are difficult to detect and drop, but they have to be detected and have to be dropped. They act somewhat like this: "I am spiritual being. I have heard this truth one thousand times and I intellectually understand and accept it. I am spiritual being, yes, *but at the same time I have a physical body with physical organs and functions."* There it is, the subtle belief in twoness, in spirit "and" matter, in the incorporeal "and" the corporeal, in one "and" two or more.

The truth is, we have never had a physical body with physical organs and functions. We are spiritual being, and have only *spiritual* body, organ, function, and purpose; and that spiritual body is the body of *one.*

I am and have the one body, and that one body is spirit. As I experience my body, which until now I have believed is physical, I am experiencing nothing physical, but I am experiencing the only body that exists, which is spirit.

I am having a physical SENSE *of the spiritual body, but that sense in and of its own self is not real. It never has been real; it is just sense.*

Sense should never have been called "physical" or "material." All is spirit; therefore all sense is spiritual. There is nothing else it can be, nothing else it is; there is no other substance or faculty from which sense is made.

We are having a corporeal sense of that which is one hundred percent incorporeal. We can call it physical or material if we insist, but that is like calling an idea a thing. An idea is not a thing; it is incorporeal.

I like to keep truth clear and distinct in my mind, and in the Miracle Self teaching. That clarity and distinction is that we are having a corporeal sense of the incorporeal, a physical or material sense of the spirit which is the all and the only. We are having a multitudinous sense of that which is one.

The corporeal sense does not *make* our experience corporeal, physical or material. Sense is nothing but sense. The totality of our experience including every form in the universe is spiritual and will forever remain so. Only spirit is; only one is. The "physical" body experience is nothing but a corporeal sense of the one spiritual body.

If we believe that we are *in truth* a spiritual being with a spiritual body, yet, *at the same time,* we have a physical body which we have to keep healthy or heal, then we cannot help but reach to God for physical help or healing. We believe that if only we can reach high enough or effectively enough in spirit, we will receive a physical healing. "Ye ask, and receive not, because ye are ask amiss."

As soon as we have spiritual discernment, we realize that we cannot have a "physical" healing. We cannot expect the healing of a physical body, organ or function because physicality does not exist. Physicality is just a *sense* of that which is one hundred percent spirit. The secret then, is to heal *sense.*

A continued expectation that God can provide us with physical healing is what blocks the healing. Our true body experience, that of spiritual form and faculty, cannot "get through" as long as we continue to believe that the physical is real in and of its own self. Nothing physical exists; therefore there is nothing physical to heal. The only body is the spiritual body.

When we realize this great truth, when we come to oneness and realize that oneness *is,* and then rest impersonally and receptively in that *is,* letting it reveal the truthful, spiritual body, we quickly experience the transformation (healing) of the bodily experience.

Can you hear it clearly? Oneness *is.* Oneness *itself is.* Oneness *itself is life.* Oneness itself *is the body.* It does not matter that we have a corporeal or physical sense. It does not matter that corporeal or physical sense makes it *appear* as if our body is made up of many vital organs and functions as long as we can *ignore what appears to be.*

Ignore the complexity of appearance and realize that the body is spirit itself, oneness itself, forever whole, healthy and vital.

Oneness *is* the body. To have a conscious experience of our true body we have to have a conscious experience of oneness. Oneness is the one form of the body. There are not different body forms or functions; oneness is the only, the one form and function. No "part" is more or less vital. Oneness is the entirety of the body, all "parts" being equal and full of God—the one organ, the one function, the one vitality, the one purpose, the omnipresent body.

Realize that oneness is spirit, God, and is eternal, invariable, inseparable—unchanging and indivisible oneness. Oneness does not and cannot divide itself into spiritual awareness—struggling to see and think about God, to be aware of God. There is no truth to such a belief, and if we carry on believing it, we will carry on struggling. It is as simple is that. Whatever we carry on believing, we carry on struggling with. There is no way out of belief except to drop it and start living in truth. Drop belief now and forever, lift up into truth (into oneness) and there begin to live the freedoms of the limitless life.

GOD DOES NOT FAVOR THE PERSONAL SELF

God is God alone and cannot be used to benefit a belief in a personal self. The personal self will forever fail in its attempt to use God because there is not a personal you, me or anyone *in* God. Because God is all, only God can be.

The personal self and its entire universe exists as *belief* alone. The mind of God is full of just one thing and that is God itself, and God itself does not have humanity, mentality, physicality, materiality or personal selves in it whatsoever.

The mind of God is full of God awareness, full of God being and form which is oneness, equally and fully present everywhere at the same time—never personal, never local, never finite, never selfish.

All is God and of God. The spiritual mind (our true mind) is aware of God alone, spirit alone, oneness alone. The spiritual mind is aware of infinity, omnipresence, omniscience, omnipotence, eternity alone—the formless form, the one universal form, oneness without otherness; spirit alone. This is the mind of God.

We cannot "use" the mind of God to gain personal good. There isn't any personal good in God because there is no personal self in God. The only good is God-good; the only truth is God-truth; the only presence is God-presence, the only form is God-form. And the only God there is is infinite, omnipresent; omni-being, omni-form, omni-good.

"God saw everything that he had made and, behold, it was very good." Note the words carefully: "he *had* made" and "*it* was very good." Why past tense and singular? God is the *eternal one* unchanging existence. Everything of God, therefore of all, is that one, eternal, unchanging existence; the one infinity, omnipresence, omniscience, omnipotence, eternity.

Experience is the ceaseless unfolding awareness of God as one, as all formation, of good omnipresent and never-ending, of good without opposite unfolding moment by moment, of "earth as it is in heaven."

When we drop personal sense (belief) and lift into and live in oneness, never hoping for anything physical or material "from" oneness, never hoping for a physical or material "result" from God, but are *satisfied with God itself,* then our whole being is empty of self and free in spirit, and quickly fills with the light of spirit. In such a spiritualized state of being we gaze into and "out" at our bodies and worlds and discover the image and likeness of oneness, God. All is as it is and eternally has been; as God "has made" it—"very good."

None is personal, physical, material or corporeal. All is spirit and spiritual, and when we know this, we never again seek any "thing" or "condition." We seek God, find God, and abide in God (oneness). Once we are there, we are doing the single greatest thing in the kingdom of heaven, and that is resting in and as impersonal receptivity, *letting* the temple of the living God reveal its universe to us. We are letting God reveal its image and likeness—its activity, form, amount, body, business, family, home, neighborhood, nation and earth—*as it is,* which is God, oneness, spirit.

As we lift into and abide in oneness, as we rest and relax and let oneness live our life, live our awareness, live our mind, body and world *for us,* then we discover that "the earth is the Lord's and the fullness thereof"; then we discover that "the earth is full of the goodness of God"; then we discover that there never was a personal I, me or mine. All this time there has been only God, and now we are witnessing it.

We never again seek anything material when we have discovered the truth of oneness, abide in it and let it live us. Why would we seek a little portion of good matter when our whole self-body-universe is full of infinity; and we know it, we see it, we witness it, we rejoice in it and with it, we get busy giving and sharing the infinity and the omnipresence of it to all who come to partake?

In the same way, oneness *is* wealth. Oneness itself is abundance, prosperity, limitlessness of all form because all form is the one form. Oneness itself is wealth infinite, abundance infinite; prosperity, success, achievement infinite, without condition.

The only requirement is to stop believing that there is spiritual wealth within us, *and* a material form of money "out there."

There is no spirit "and," one "and." I have not met more than two or three students who, when belief presses hard enough, are able to rest secure in the realization that God itself is the infinity and omnipresence of wealth, and is ever-present, real and practical. Most are stuck believing that there is spirit, the one true form of wealth, "and" material money. Most believe that sufficient spiritual realization will "cause" material money to become "manifested" or "demonstrated" for them. If we still expect our spiritual awareness to produce a material result, we will continue to fail. Why? We are believing in twoness instead of oneness. We have a divided consciousness, and a divided consciousness cannot witness oneness. "Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand."

In a divided consciousness our seeking is two-minded, dual. We seek God and expect matter. We seek spirit and expect it to appear physically; we seek oneness and expect it to appear in forms that oneness is not. This is impossible. There *is no* human being with physical and material needs. There is no physical, material, corporeal being or thing. There is only one, and that one is spirit which is forever whole and complete; and *is itself the infinity of its form.*

We witness the one form as the infinity of all experienced form as soon as we know the truth of oneness, stay in conscious oneness, and (most importantly) once we are there, rest, and experience *spiritual* satisfaction, *spiritual* formation—spiritual life, spiritual wealth and prosperity.

This is how spiritual fulfillment is lived. Once we live as and in and by spirit, and as we expect nothing but spiritual good, realizing that there simply isn't any matter, humanity or physicality, but that all forms of corporeal experience, despite the way they appear to be, are the *one form* which is spirit itself, then we experience the fullness of spiritual form as the multiple variety of experienced form.

To the outsider these look as if they are different and separate, greater and lesser, here-and-there forms of good, but we know they are not. They are *the one* witnessed *as one* in a boundless variety of formation.

All the supposed different formations are not different at all. They are the *one formation* simply appearing to be a universe of variety. Realize that your wealth, your infinite and omnipresent abundance of good form, including dollars, *is oneness.* When you reach the place (state) of conscious oneness and are letting it live you, you *have* and *own* the conscious experience of oneness being the omnipresence of all the wealth in existence.

You are not separate from wealth. Wealth is not out there somewhere, different, separate and apart from you. Wealth is not, and cannot be, separate and apart from you, hard to make or earn or win, leaving you in want and need. You have never been required to work for wealth. Wealth—boundless and unconditional in all its form, including the form of money—is oneness itself.

Go to oneness. Become conscious of one and realize that *one* is *all.* Nothing exists but one, God. Realize this truth and then rest in oneness and let your temple—your consciousness—be filled with the living God, the living awareness, the living visibility, the living tangibility; the fully manifested and demonstrated wealth unto infinity. Limitless wealth is one with you, one *as* you. *Oneness itself*—not oneness changing itself into material wealth, but oneness itself.

Realize it forevermore. There is no material wealth (nor is there material anything). Only one is, only oneness is, only God is, only spirit is.

Oneness *is itself* your abundance and immediacy of wealth. Can you hear that? If you can, or when you can, you will never again feel poor or in lack. You will never again seek a dollar. You will never again seek a human client, customer, patient or student. You will never again seek a loan, and you will never need to. Oneness is wealth in all its ways—oneness itself.

Also, when you know this great truth, you will discover many ways and forms and activities of wealth that you didn't know existed. God is infinite and because God is wealth, wealth is infinite. Wealth is not just a dollar. Wealth includes dollars but also includes an infinite number of other ways and forms of opportunity, success and prosperity. You start noticing them opening up and presenting themselves to you when you realize that wealth—tangible, practical, visible wealth—is oneness itself. You quickly discover the infinite ways and forms of wealth, and the omnipresence of wealth including dollars, when know and abide in and let oneness itself, be your wealth.

Oneness itself is home. There is no other type of home. There is not a spiritual home existing within us somewhere, ethereal and impractical "and" a material, structural home. Until we know this we cannot help the subtle expectation of spirit producing a material home for us. There isn't a material home; there isn't a material anything. Only spirit is.

When you realize that oneness *itself* is home, that consciously experienced oneness is consciously experienced home (the practical formation of home), you simply rest in and experience the form of oneness presenting itself to you as a fulfilling home. Oneness is whole and complete home—even the very name or number on the front door.

When we realize that conscious oneness is home, and that conscious oneness does not contain physicality, locality, neighborhood, size, number or name in it, but is the infinity and omnipresence of oneness, we equally realize the reality and practicality of oneness being the tangible form of home.

If you will just know this, lift up into oneness and stop your effort in the physical, stop your effort for certain locality, certain position, certain size, all to be achieved by a certain time, and realize that (literally) oneness itself *is* home; and if you will restfully abide in the home of oneness, letting oneness *itself* live and breathe as your home, then, if you need a new experience of home, its palpable form will quickly present itself.

It is present already. You have the keys and you have the directions. All is *I,* conscious oneness. Go to *it,* abide in *it,* and *let it show itself* as your corporeal sense, a "wonder to behold." Then, before you know it, you have your corporeally-sensed, new and fulfilling home.

LOVE AND RELATIONSHIP

"God is love." How many of the world's spiritual devotees know this truth and repeatedly affirm it, yet are still searching for love?

God is love; there is not a higher truth. And because God is all, love is all. Love is every being and every breath and cell of every being; love is in the earth and in the air. Love is omnipresent because God is omnipresent and God is love. However, until it is realized that God is consciousness and God is one, all the knowledge and affirmation about God being love does not *evidence* love.

Love is conscious oneness itself; relationship is conscious oneness itself. If we have fallen into the subtle trap of believing that the love that God is is buried deep within somewhere and that—if it can be tapped into by sufficiently realizing God as love, meditating on love and sitting in the silence of love—love will produce loving *human* relationships, we will continue to lack love. We "seek amiss," and if we seek amiss we do not *have,* we do not *evidence,* we do not *experience.*

We have to awaken to the truth that God is love, and that because God is *consciousness* and *one,* love is the experience and form of conscious oneness itself.

Oneness *itself* is love and loving relationship—the relationship of and with oneness. When we have lifted into a conscious state of oneness and abide there, letting oneness live us, we *have love* in all its being and form, and *are having* the one true relationship. We *are in* the relationship, the one and only relationship. We do not need any other category of relationship—a "human" category of relationship—because there is none. God is the one and the only, because God is all. If we still believe there is an additional type of relationship to be had, or that love, once experienced spiritually, must be fulfilled humanly, we have still not understood God, consciousness, oneness. We are still mis-identifying what God is, therefore all that we, love and relationship are.

All is God; therefore all is love. To experience love and to have loving relationship, which is to have true relationship, we have to be love, which is to be the conscious oneness that God (love) is. Then the love that God is becomes the love that we are. The love that God is, everywhere present, becomes our ever-present and giving nature. When we are in a state of conscious oneness, the love that God is fills our senses, becomes our nature, and animates our expression. All in our body and world is then "in love with us," and we with it. Love abounds because we are *being love,* within and without, as we live and move and have our being in a state of conscious oneness.

Oneness itself *is* love; oneness itself *is* relationship;

and because oneness is God, the relationship of oneness is infallibly lov*ing*.

When we have the relationship of oneness we *have* love throughout our universe. As we let love live itself as us, we quickly find ourselves with a corporeal sense of the one loving relationship as that which, to material sense, looks like a deeply loving human relationship. But the "human" relationship is only the form made evident as love itself. When we are in our conscious state of oneness, love itself has the space and freedom within us to live, to *be,* to be evident, vital. The form is not "human" although it appears to be. In reality it is the relationship of oneness, the relationship of God evident "in the world."

Oneness itself is love. There is no other experience of true love. The only "other" experience of love is believed love. Believed love is never God love because God love is one love, the *oneness* of being which is the one love itself.

If we believe true love exists in our *human* relationships we are mistaken. God has no humanity in it; therefore true love cannot exist among humans. Humanity believes relationship is the bond between two or more people, but G*od* is the only being; therefore the only true love, the only true relationship, is the love and relationship of oneness. God-love *appears* as and between two or more. But the way true love appears is as and "through" the relationship of oneness.

Any appearance, if believed to be a person, a relationship, an entity or a condition in and of its own self, is not God. Only G*od* exists, and God is one; therefore only in conscious oneness, and in the experience of oneness living us, do we have love and loving relationship appearing as the love "between" two or more people. The image and likeness of the relationship of oneness appears to be loving human relationship.

In the same way, peace is oneness itself, harmony is oneness itself; justice and union between people and nations is oneness itself. If we attempt to use God to bring forth harmony, peace, morality, justice and union between people and nations we will forever fail. It cannot be done. History has proven it. Only *oneness itself is* harmony, peace, morality, justice and union. Oneness itself cannot "produce" these among humans. Oneness itself *is* these.

Can you hear it? Oneness itself *is* these. Only when we have the experience of conscious oneness itself do we *have* the experience of good itself. We *have* the tangible experience of peace, harmony, love, union, justice, morality and fulfillment *when we are having* the experience of conscious oneness.

EXPERIENCE THE LIFE OF GOD

Oneness itself is the one real, one practical, one palpably experienced life of God on earth. Oneness itself is "earth as it is in heaven." There is no other true experience, true life, true body or true world.

God is omnipresence and is already where I am; and because God is all, all that I experience must be realized as omnipresence and already existent where I am.

Life is omnipresence and is already where I am. Infinite wealth and fulfillment are omnipresence and are already where I am.

Life is omnipresence and is already where I am, what I am and what I have. I do not need to seek God, to seek health, to *seek love, to seek peace, to seek prosperity. If I seek these, I believe they are not already present, not where I am, not what I am, not what I have. But God and all that God is is omnipresent and is forever where I am.*

I do not have to seek any good thing or condition; I simply have to be conscious of them, which means conscious of what they are, which is CONSCIOUS ONENESS, *and then abide in that conscious oneness to* HAVE *all the life, all the wealth and all the harmony I could ever wish for or need, with twelve baskets full left over.*

Abiding in conscious oneness, I need only rest and *let* the omnipresent life which is already where I am, let the omnipresent wealth which is already where I am, let the omnipresence of love, peace, harmony, business, family and neighborhood which is already where I am live itself "for me."

I need only let the living oneness be itself as me, fill my consciousness; fill my senses full of itself, fill my whole universe full of itself, its oneness. Then I *have* the image and likeness of all the life, love, peace and harmony that God is. All that God is and has is now real and practical, visible and tangible in experience. "All things are yours."

All that God is and has—all that oneness, infinity, omnipresence, omniscience and omnipotence is and has—is ours *as* worldly form. We *have* the image and likeness of God throughout experience because we are living oneness happening.

THE GREAT SECRET

One is—just one. This is the great secret. Conscious oneness is our true state of being, our infinity of being, our God state; the state of being that provides our experience with the freedom of the world's true good.

Conscious oneness is what we abide in, where we abide, and what *lives us* as we rest in oneness simply beholding God in action throughout our experience.

In our rested and receptive state of conscious oneness, we behold God filling, transforming, healing, saving all in our world, and even raising from the dead that which to belief seems to have lost life.

If we quickly lift into and maintain even the least degree of true conscious oneness—"the least in the kingdom of heaven"—and abide in that "least" of oneness, letting *it* fill our being, *be* our being, *live* our mind, body and world *for us,* all we need do is *behold* the miracle of God as our fulfilled corporeal sense, and then freely and joyously serve our world with the abundant good with which we are blessed.

Let God *be God as itself* as us. Let one *be one* as us, so that we never again misidentify ourselves, others or anything of our world; so that we expect the fulfillment of God or one and nothing other, nothing different, nothing less. Then we are free, we are truthful being, and we are able to say (even by a small degree) with Saint Paul, "I live, yet not I, Christ [spirit, oneness] lives my life."

I do not have any life but God, one, Christ, Buddha, spirit. What I am and have is oneness, nothing else. And I know that *oneness* is the finished kingdom, the whole, perfect and purposeful life I am, the mind I have, the body I have, and the universe I experience, including every being and form in it.

In a conscious state of oneness, all we have to do to tangibly experience the true purpose and fulfillment of being is to stay in oneness, abide morning, noon and night in oneness, and most importantly, to *let* oneness live *itself* as and through us. Then we discover that we have the image and likeness of oneness populating our world; we have the image and likeness of God populating our mind as the one mind, our thought as the one thought, and our body as the one body (including the one organ, function and purpose). Only then can we stand strong in our freedom and purpose of being, and, in that strength, be the god of our universe.

We are fulfilling the reason we are alive on earth. We are the light of spirit, the "children" of God right here on earth. We are that presence that enables truth to be revealed.

Wherever we are, in a God-state of being, there God is evident. We are the spiritual substance that feeds the multitudes, that saves and comforts those who are unsafe or fearful, that heals the sick and the dying. We are the flame of truth that sparks spiritual awakening in individuals who are ready and willing to leave the dream state and discover their truth. We are the love and protection that allow "human" beings to release what they are holding onto, and discover that their existence is infinitely greater, more extraordinary and more purposeful than it has been believed to be.

One is; one itself is. Never again accept any person, thing or circumstance to be a reality, an entity, in and of its own self. Realize and acknowledge all as *the one* that is God, "within" and "without." Once you have one as all, you have the freedom and power of one as all; you have the infinity and omnipresence of God, of the kingdom of heaven right here as earth.

"In earth as it is in heaven"—you, me and all as we are in heaven, in oneness, in truth.

8

GOOD IS WHERE I AM

God is omnipresence and is already where I am;
and because God is all, all good is omnipresence
and is already where I am.

YOUR GOOD AND PERFECT FULFILLMENT, in all categories of experience, is omnipresence and is already where you are.

That good and perfect fulfillment is spirit, oneness. Spirit and spiritual being are what you are, what your body is; what money is, what love and relationship are, what family and home are, what your universe of form is no matter what the name, shape, size, location or activity of it is.

All is spirit, one; all form is spirit, one. There is none else. We simply have a corporeal (material, physical, objective) *sense* of that which is one hundred percent spirit and oneness.

Even that which is sensed as disease, lack, limit, disharmony or dissatisfaction is *spirit and spiritual* because only spirit is. These are just as spiritual as their opposites: health, wealth, freedom, harmony and fulfillment. Nothing either good or bad is material or physical as it seems to be, but is spirit and spiritual because spirit is the only existence, the only being, presence and form, the only activity.

If God is all, and God is good without opposite, what is our experience of good versus bad? *Our mis-identified state of being, or awareness.*

The only sickness, poverty, starvation, disharmony, injustice, immorality, war or dissatisfaction is *a lack of God awareness.* "If you do not know yourselves, then you dwell in poverty, and you are poverty." With even a grain of true spiritual awareness—the "least in the kingdom of heaven"—belief dissolves, and God, true good, is revealed.

Belief is experience. As lifted spiritual awareness dissolves belief, disease, lack, limitation and discord dissolve to reveal health, prosperity, and harmony. With a grain of true spiritual awareness, false experience is dissolved because false experience is simply false sense—a lack of spiritual sense.

There is no *actual* lack, division, separation or isolation from God, good. There is only God, and God is forever omnipresent, already where you are. *All God formation is already where you are and is the only you and the only formation.*

Right where you are this minute, this *now,* stands your perfect and eternal spiritual body. Nothing is wrong with the spiritual body. The body cannot be (and is not now) in any way ill, diseased, injured or dysfunctional. Nothing can touch or affect the body in the slightest because it is spirit not matter, not physicality. But a lack, or "poverty," of spiritual awareness leaves us and our experience of the body in the dark. That dark *is* the experience of illness, disease, injury, old age and death.

You are experiencing your spiritual body this minute. You always have. *But* you have believed the body to be physical.

From the moment of conception we have been swamped by collective belief in the physical and we have unwittingly accepted it. But belief in the physical, structural body never has been truth. Belief is never truth. Belief is belief alone.

The body is spirit and spiritual—this very body we experience. All form is spirit and spiritual. There is not a single physical body walking the earth; there is not a single material formation on earth. All being, body, object and condition are spirit and spiritual, not the believed physical or material formation they seem to be.

It is only as we believe the body to be physical that we suffer. It is only belief in the physical that leaves the body exposed and receptive to everything belief contains—the whole gamut of both good and bad.

We have all experienced it. Our body can be healthy and youthful, strong and energetic throughout our teens, twenties, thirties and forties, but then, for most, it starts to become "old." Its joints become stiff and painful, its hair turns grey, its skin begins to dry and wrinkle. The aging process sets in and continues until the body eventually becomes decrepit and dies.

We also know and may have experienced the body being healthy and vital one day and sick, diseased or injured the next. Out of "nowhere" come these experiences. The gamut of belief is the seemingly endless range of good and bad the human race experiences. It is the belief in God "and"—God *and* humanity, spirit *and* matter, the incorporeal *and* the corporeal, truth *and* untruth.

As soon as we discover that only God is, that only spirit and truth are; that we and our body are one hundred percent spirit, we begin to experience our true body, and if needed, its healing. The body fills with new life and vitality, lifts out of its false state of sickness or disease, and stands upright and healthy—just as a flower once deprived of water and nutrition and now provided with them, quickly recovers, stands up, and once again gives of its beauty and fragrance.

Every day people reach out for healing. If they are receptive and are sufficiently able to let go of belief, they have their healing in minutes or within a few hours. For some it takes a few days or weeks. Those who are not as spiritually receptive and cannot yet let go take longer, sometimes many weeks or even months. Those who are not spiritually receptive, who are unwittingly (or stubbornly) convinced of their personal selves and personal problem may not heal at all. These dear people return for healing again and again, but they cannot accept it. The light of truth cannot find entry into the stubborn personal belief any more than sunlight can find entry into tightly shuttered windows.

Nothing blocks our full and natural healing *except* our own stubborn belief that the body is physical and is in need of physical healing, *and* the belief that God or spirit will heal the physical.

This minute your whole and perfect spiritual body exists right where the physical seems to be. God is omnipresence and is already and forever in perfect order and formation as you, me and all. God and form are *one,* and because God is the only, all form is God. The "physical, material" form we sense is actually God form, spiritual form, because only God or spirit is.

Experiencing God form is all a matter of truthful identity; our suffering is a matter of mis-identity.

As soon as we mis-identify by believing in an existence which is less than or different from God or oneness, we suffer it. We are the prodigal, wandering away from the Father's house, away from the consciousness of oneness into the belief of multiplicity—God "and."

Life is omnipresence and is already where you are; and besides that one life there is none else. The body is the body of life itself—the temple of the living God. It is never ill, diseased or injured. But in order to experience that truthful body, we must know what it is, which is spirit, and what its functionality is, which is spiritual, and then *let spirit live as our body.* If you can hear this you are fast becoming free. Freedom does not take long because if you can hear that the body is spirit; that spirit is the only power, presence, function and form; and that spirit maintains *itself,* you rest and relax and let spirit do all the "work" of healing and revealing the whole and healthy body it is.

SELF-MAINTAINED SPIRITUAL BODY

We cannot maintain spirit and the spiritual body. Spirit maintains itself. Spirit *is,* and is the only *is,* and is in a constant state of *is,* never defaulting.

Spirit IS and is self-complete, self-contained and self-maintained.

Belief, personal sense, cannot be spiritual. Belief contains no access to spiritual power or experience. *Only spirit is.* When "we" give up the attempt to maintain our body's health or to "use" spiritual power to bring forth its healing and, instead, let spirit live and maintain its own body, our sense quickly picks up its true health and vitality. Sense is healed of the belief that binds it, and becomes free to evidence the spiritual body as it is.

Certainly, the body continues to *seem* to have corporeal form and function, but we know that corporeal sense is sense alone, and that reality, the incorporeal, is the body being experienced.

Physicality is never again, to us, believed to be real of itself. We know belief in the physical to be a lie—in fact both the liar and the lie. As we maintain this realization, drop the lie, remain in a conscious state of oneness—a conscious state of *spiritual* self, *spiritual* body—letting spirit live as self, as body, we quickly discover that we have no illness, disease or decrepitude, and are strong and vital, whole and healthy. Our healing is complete, and our true, healthy state sustains itself.

Others may call it a miracle, but we understand that the body is spiritual. As we let spirit shine "through" our stillness and receptivity, it is not surprising that health, vitality and youthfulness become our bodily experience because these are the body's only truth.

Just as the sunbeam must know that the sun itself is its life and body and let the sun live it, so we must know that our body is not what it seems to be—not physical, but spiritual—and then let spirit *be* our life and body. If the sunbeam fell foul of the belief that it had a personal, separate, life, and then attempted to maintain it, how quickly it would become cold and dark; how quickly it would begin suffering a thousand ills. And because it believed itself to be a personal identity in a universe of other entities, it would quickly give names to its different categories of suffering. *Cold* would be one, but there are a thousand degrees of cold so a thousand different names would evolve for the ailment *cold. Dark* would be another, so a thousand different names would be born for the thousand degrees of darkness.

Sound familiar? The human race suffers from thousands of different ailments, each with a different or derivative name—illness, disease, lack, limitation, poverty, immorality, injustice, greed, racism, insecurity, fear, depression, unworthiness. Every human good has an opposite, the last and most severe of which is death. But not one human ailment is accurately identified or understood until it is discovered to be *belief*.

Belief is the "root of all evil," the belief that existence contains God "and"—God "and" humanity, God "and" the universe including everything in and of it (self, mind, body, thing, place, amount, activity, cause, effect, time, space). The moment we realize that God is all and stop mis-identifying, not only ourselves and our bodies, but our universe and everything it contains, and live as and by God alone, all human disease dissolves as naturally as ice cubes in the sun. Why? They never were real, never were actual entities. They were just belief, and because belief is nothing *but belief,* as soon as the presence of truth arrives on the scene belief and its form dissolve.

The question is, how much do you still believe in the personal self, in the physical and material, in the problem that bothers you, and a solution that will free you? By what degree do you still believe that that which *appears to be* is real in itself? How much do you still want to replace bad with good, one condition with its opposite?

The degree of belief we hold onto will at best slow down our experience of wholeness, harmony and freedom, at worst block it. Belief is the root of all problems, even the problem of "good" humanity (every human good having an opposite), and that belief is that we and our world are different and separate from God.

FEEL THE PRESENCE

Right where you are (despite what seems to be) the wholeness, harmony, abundance, peace and freedom of

God exist in tangible earth (objective) form.

Feel the presence of the spiritual self, body and earth "happening," welling up within and flooding your senses, as you contemplate the wondrous truth of God being all.

Gently realize that your spiritual body exists in the most real and practical form and function. You sense that reality as being "physical," but now, knowing its truth, rest and relax from the physical sense and turn your attention within, to one, to spirit. *There* discover your real body in all its strength and perfection. It will speak to you; it will reveal its truth. Nothing can stop it from doing so once you know its truth and open your senses to it. Just be still, silent and receptive to its spiritual presence.

In your rest and relaxation, and your turning to spirit, you begin to *feel* the spiritual body becoming tangible. Its reality floods your awareness, sometimes very gently and subtly, sometimes as a rush. You begin to feel that "something" happening within, something very beautiful, releasing, comforting, peaceful, warm. You feel relieved and saved from the physical, and free (healed) in spirit—and you *are*. This is your spiritual body being tangibly experienced.

Slowly, deliberately, spaciously contemplate—

Rest . . . relax . . . and gently bring your awareness to one, just one; to God alone, spirit alone, one alone.

"Be still, and know that I am God." Be still, and know that I, consciousness itself, am the spiritual body, the only body you have, the one body.

In your rested and relaxed state, begin to feel your spiritual *self and spiritual body—your one true self and body.*

It is not a physical feeling. Belief may call the feeling of spirit intangible. It is a feeling of peace or warmth or release and relief stirring within, "happening" within, flooding your senses, first in what seems to be deep within, then flowing throughout and "beyond" you.

You may feel it as light, or a sense of release, or heat, or bliss, relief and freedom from the physical, worldly sense; from the burdens of "human" mind, body and world—even from its "good." You begin to experience a good far greater and more permanent than any previously known.

Your spiritual self, body and world are greater than any physical sense can be. "He that is least in the kingdom of heaven is greater than he [that is most in the world]."

Rest, relax; begin to experience yourself by FEELING *instead of by thinking or by physical testimony.*

Relax and release your entire mental and physical sense. In your relaxed and rested state you "open out a way for the imprisoned splendor to escape"; you open out a way for the spiritual self, body and world to become real, tangible and visible in your experience. It has always been present, but now you are opening your senses to it, and are beginning to experience its reality.

Feel the peace, feel the sense of release or relief, feel that "something" peaceful or releasing or relieving happening within which has nothing to do with "your" making it happen, but which is happening despite you. It happens as you simply rest and relax the mental and physical sense, as you let go of everything of "you" and give the entirety of yourself to spirit.

Rest . . . relax . . . let go . . . be open and receptive; that is all.

You may feel the presence in a certain area of your physical sense of the body—in your chest area, your stomach, your shoulders, your forehead or around your whole head. You may feel a spaciousness in and around you; you may feel a gentle tingling sensation or a sense of "presence" in your arms or hands, chest or tummy, your legs.

However it feels, it is the spiritual self, body and world being tangibly felt. It is God itself being felt and palpably experienced.

But remember, it is not an inner, separate, different or ethereal God—there is no such God. It is the very "I" of you, the very god-being that you are. "Is it not written in your law [that] ye are gods?" Yes, the very god that you are, the very truth that you are—the spiritual self, spiritual body; the spiritual world and universe and all in it; this is what you are feeling.

You are feeling the infinity, omnipresence and eternity of the God-body. As you feel it happening, know that you are safe and secure from the world's beliefs, ills, limitations and threats. You are in the arms of the divine. You, your body and world are filled with, and being, the omnipresent form of God. You are divinely protected and free "in earth [tangible experience] as it is in heaven."

As you meditate in this way, *feeling* the presence of God throughout you, you *have* your truth; you *have* your healing and wholeness. "Have" versus "have not" has no existence in God. In God only the *oneness* of God exists.

But remember, without the *conscious awareness* and *feeling* of God happening within, you do not experience the God-health and -harmony which you are and have in truth. You are and have it, but you are unaware of it, and because awareness and experience are one, if you do not live with the awareness, the feeling of God taking place within, it seems, to objective sense testimony, as if you do not have God. Lacking the sense testimony of God, you get busy seeking that which you already are and have, which, of course, leads to failure.

The moment you awaken to the truth of oneness (the truth that there is but one life, one being, one presence, one body—that being God) and the moment you maintain your awareness of this truth and devote more daily periods of time to sitting in a quiet place, silently and receptively, letting God be God as God for God, you discover your senses more palpably filled with God. The senses filled with God are clarity of being, clarity of seeing, clarity of body, organ and function, clarity of world and everything of the world.

This clarity *is* the healing and the health, the vitality and youthfulness, the love, wealth, and harmony of experience. Filled with God awareness and feeling the presence, you *have* life in all its glorious, truthful form.

FROM STRUCTURAL TO SPIRITUAL

You are lifting and transforming your awareness of reality from physical-material-structural, to spiritual. You are awakening to the truth and logic that if spirit is the only existence, then spirit must be, and *is,* the one reality. You are adjusting your senses to perceive spirit, not matter, as reality and to live by the feeling of spirit "happening"—actually experienced—as your self, your mind, your body, and your entire world and universe.

You know that *oneness is that,* that oneness *is* God, *is* spirit. You know that oneness is where and what your entire harmonious life is, your entire healthy body is, and your entire fulfilled world is. There is no "more" or "better" to gain, to become aware of, or to demonstrate. Oneness is *where* and *what* your entire here-and-now truth is—the tangibility and reality of it, the visibility of it, the fully manifested and demonstrated, palpable experience of it.

Oneness is.

Oneness is itself my god-self.

Oneness is itself my spiritual body.

Oneness is itself my spiritual universe and every form of it, with all the beauty, bounty, purpose, pleasure and freedom of God showing forth as my every step, filling my every thought, being my every experience.

Oneness is that. Oneness *itself* is that, and as we bring ourselves to and maintain ourselves in a conscious state of oneness we *have* the treasures of God in earthly reality. They are abundant at every step and fill every thought and experience because we now know that oneness *is* infinity, omnipresence, eternity—all that God is and has. Oneness *is* our infinite, omnipresent and eternal all-of-all.

Rest . . . relax . . . bathe in the experience of God happening as all that you are, all that your mind is, all that your body is, all that your world is—every form, activity, amount, place and condition of it.

Rest . . . relax . . . and bathe in its "happening."

As light dissipates dark, spiritual illumination dissipates belief. As dark is not a reality, not an entity in and of its own self, but is simply a lack of light, so belief and belief-forms are unreal, not actual entities, but merely a lack of spiritual sense.

LIGHT DOES NOT HEAL DARK

Light does not heal dark. That which is unreal does not require healing. Light *dissipates dark* to reveal the presence of itself.

In this way, as we bathe in the experience of the spiritual self, the spiritual body, the spiritual world and expect *spiritual* transformation and fulfillment, *spiritual* tangibility and reality (never physical) we very soon discover—as long as we maintain a conscious state of oneness and regularly devote ourselves to the actual experience of oneness happening in and throughout us—that the spiritual mind, body and world have become our new reality.

It is not new in actuality, but new to our awareness. Our new awareness becomes evident and real as that which, previously, we described as the physical.

THE DEMONSTRATION OF GOD

The feeling, the experience of oneness happening, of God happening within us and throughout us is the "realization of God" or the "demonstration of God."

As soon as we have the demonstration of God our healing is complete. As we know this, therefore stop looking and waiting for something "else" to happen in the "outer"—looking for something physical, material or structural to be healed or transformed—and, instead, continue to rest, relax, bathe in, and have confidence in the spiritual reality happening in us, our consciousness is clear, like a window, for the whole and healthy corporeal sense of God to be palpably experienced.

Our corporeal sense becomes full of life as spirit is experienced as the one reality. We have a corporeal sense of the spiritual substance and form our body truly is. As long as we know this truth and maintain a conscious state of spiritual oneness, and expect only *spiritual* harmony, *spiritual* health and vitality, then we only have to behold how quickly that spiritual fulfillment becomes evident corporeally (as that which we previously believed to be mental, physical or material).

Nothing is mental, physical or material; all is spirit and spiritual.

PROSPERITY

The same is true when it comes to supply, wealth, success, prosperity. Realize that oneness itself *is* wealth. Oneness itself is the only existent form; and because form is God, which is infinite and omnipresent, all form is infinite and omnipresent.

When we attain and then bathe in a conscious state of oneness, *letting oneness itself fulfill* our senses, we are fulfilling our world with infinite and omnipresent forms and activities of wealth.

The filling of our senses with oneness *is itself* the filling of our world with wealth and success. A conscious state of oneness is the one actuality, the only tangibility, the one reality, the one and practical experience—the one practical wealth "within" and "without."

If we still believe that something "outer" needs to be satisfied, we are still expecting amiss: we are still praying wealth, evidences the corporeal sense of wealth.

As we regularly re-experience the infinity and omnipresence of the one wealth, we only have to watch the immediacy of the corporeal sense of it fill our experience. The infinite form of God is ever-present, and as we know it, seek it, and let it reveal itself to us in our silence and transparency of being, our experience is filled with the boundless forms of "material" wealth, success and prosperity the world has.

The one wealth is experienced as corporeal wealth in limitless and unconditional forms, as the need fulfilled, whatever the need may be. It could be money, food, clothing, home, help, direction, idea, innovation, new customers or students; it could be that we feel the impulse to call somebody and that person turns out to be, in one way or another, our fulfillment of this moment, and we his. It could be that a large order is received "out of the blue" for our product, service or treatment. It could be that someone walks through the door with a handsome offer to buy our business or to offer us a lucrative position in theirs.

In any of an infinite variety of ways the one wealth is infallibly experienced. It is the fulfillment of every step of our experience, of our every activity, place and condition, no matter what the form of it looks like.

We have to stop thinking in terms of oneness "and" dollars, oneness "and" customers, clients, patients, students; oneness "and" avenues, methods and vehicles as being financial fulfillment. There is no "vehicle" but God itself. God is "both" the vehicle and the demonstration—self-complete, self-contained and self-evident fulfillment of all.

We have to lose all belief in "material" wealth, avenues, activities, causes and effects, time and space, re-of lover, spouse or partner, family, customer, patient, student, colleague and neighbor forget about what is believed about him or her.

Lift up into an awareness of the one being you know he truly is—God, spirit. Once you have attained a conscious state of oneness you have his truth. The truth of being fills your senses. If you can rest there, and in your rest *behold* the oneness of being filling your mind, *being* your awareness, you are able to look out at people and experience their truth, their love, their light, their harmony and friendliness.

It does not necessarily mean that *they* will experience their truth, at least not beyond the few moments or minutes they remain in your consciousness. Family, friends, close students and neighbors who remain in your consciousness, by the degree they are open, are eventually released from belief and discover their freedom, at least partially. You will watch people soften, become lighter, more agreeable, more joyous, more free from the "human" burdens they carry around.

People have to be at least somewhat spiritually receptive. If they are, sooner or later they experience a measure of their freedom in the illumined presence of god-being.

But be careful. "We" have to be rid of the belief in "others" or "otherness." We must not take it upon our shoulders to lift and free others. If we do, we still believe "others" exist; we still believe in God "and." And if we believe that, we will continue to discover that it is impossible to evidence God in or for any of our "ands," our "otherness."

All that matters is that *we* experience the truth of them, which means experiencing *God itself* as all. Then we are the healing balm: the harmonizing, comforting, prospering, pacifying, freeing presence to all perceived beings and conditions. "Where the spirit of the Lord is, there is liberty"—there is life, comfort, abundance, freedom, safety and security.

BUSINESS

To experience the truth of our business or career, our practice or teaching, our church or charity, we go to where it is and what it is, which is oneness. Once we are in a conscious state of oneness, realizing that oneness itself is the only business, the only activity, the only success and prosperity, the only customer, we rest and behold truth "coming through" in all its form.

There is no other form of truth. The one truth in all its form is the experience of oneness happening as and throughout our universe. It is God, spirit "happening" as and throughout us, as all that we perceive. Once we experience that *and once we expect nothing other than spiritual* success, wealth, spiritual business and customer, we *have* it as our business prosperity.

When we truly know that only spirit is, then of course we run to that conscious state of oneness as quickly and as often as we can. We bathe there for longer periods each day and night. Once we bathe there we have the infinity and omnipresence of God as all that we do, and as all its fulfilling wealth.

All business is God-business. "I am about my Father's business." There is none other. When we are consciously aware of this truth, and act as a god rather than as a human, doing god-business rather than material business, we *are,* and *evidence,* the fruits of oneness. We have the infinity and omnipresence of customers, clients, patients or students, and limitless achievement and prosperity right where we are as we live in, and as, and experience a conscious state of oneness.

God is omnipresence and is already where we are. Our entire business activity, success and prosperity, our customers, clients, patients or students are right here in and as oneness—the one business activity, the one prosperity, one customer, client, patient or student, the one success. As we sit and experience conscious oneness happening, we have a success unknown to the world, unlimited in scope, value and growth.

Even if we are the "least in the kingdom" of conscious oneness, our business flourishes beyond the greatest of worldly potential. Do you see that? Even as the least of conscious oneness—even if we believe we are not yet that "good" at lifting into and staying in conscious oneness, but we are able to sit back and rest and relax, and *feel God happening*—this is sufficient God presence and visibility to behold the most wonderful corporeal success and wealth. Feeling God happening is the key, is the experience, the realization, the demonstration of everything God is and has; the completeness and wholeness, the image and likeness of the one form. Our business, career, teaching, charity, church, our community fair, or garage sale, and even our potato patch, flourish in ways unknown and unknow*able* to human sense.

We each have all the good of God, in all departments of experience, tangibly available to us when we know that only oneness is, and when we never again expect a mental, physical, material, structural, corporeal fulfillment or healing. Nothing mental, physical, material, corporeal exists in God, and because God is the only, none of these exists—*period.*

Only God is, and God is spirit, one. "Besides me there is none else." The real and tangible experience of God as our corporeally sensed world, inclusive of everything in it and of it, *is* the experience of conscious oneness itself and the resting and relaxing in it, beholding God "happening" throughout us, "for us."

"Ye are the temple of the living God" *Let that living God live you.* Let that living God, the living light, form and visibility of truth, live as and throughout your mind, body and world and everything of it.

We cannot remain dimly aware as we stay in even a degree of conscious oneness, letting God be the light of our mind, body and world. Do you believe that your sense of physical and material form can remain dim when you allow God to be the light of your mind and the sense of your experience? Do you believe anything can be discordant, ill, diseased, injured or decrepit in body when we let God live our body for us? Do you believe disease, injustice, insecurity, lack, limitation, poverty, starvation, unhappiness can exist in our world when we let God live our world experience for us? Of course not.

As we let God live for us, all we are left to do is serve the abundant fruits of good we find our world filled with, give them; feed the world with the living forms of God which become ever more evident the more we sit in a conscious state of oneness, simply beholding the kingdom of *I* taking place.

Of course nothing of good is discordant or absent in the kingdom of oneness. Only God is happening and only God is present. And because God and form are one, only God-form, God-activity, God-amount, God-health, God-awareness, God-happiness, God-love, God-purpose and God-fulfillment are true of experience.

In God consciousness, a conscious state of oneness, with no pairs of opposites operating in us (no good versus bad, but God as all and God *already* formed, visible, tangible, manifested and demonstrated), we are free and able to freely give, serve and share the abundant good which fills our lives.

We are free and able, in the most real and practical ways, to heal, feed, *comfort, save and free* all in our individual world, to be "the gods" of all in our experience, to evidence the one true and boundless existence that we *are*.

Indeed, one is what God (good) is, what I am, what all is, and is already where I am.

One. This is the truth, the gift of God, and this is how the gift is made evident "in earth as it is in heaven."

The "practice of the presence of God" is the practice of being a conscious state of oneness.

Paul F. Gorman

One, the new book from Paul F. Gorman, author of the Miracle Self, offers a clear spiritual insight and meditation practice that enables the spiritual devotee to lift into the consciousness of oneness and thereby quickly watch the flow of harmony open up in practical experience.

By today it is well known that in God consciousness–the consciousness of *one*–healing takes place. *But what exactly is the consciousness of one? How is it attained?* Gorman explains how any devoted spiritual student can not only achieve it, but maintain it with a simple, consistent spiritual practice.

One stands apart by lifting the reader away from material consciousness (which clouds the one reality of health, abundance, love, harmony and peace from being experienced) into the consciousness of oneness where all good is visible, real and practical and where sickness, lack and limitation dissolve.

"The miracle of good is already present and manifested in individual consciousness. Only release it as the oneness it is and you will discover your life filled with every form of real and permanent good." –Paul F. Gorman

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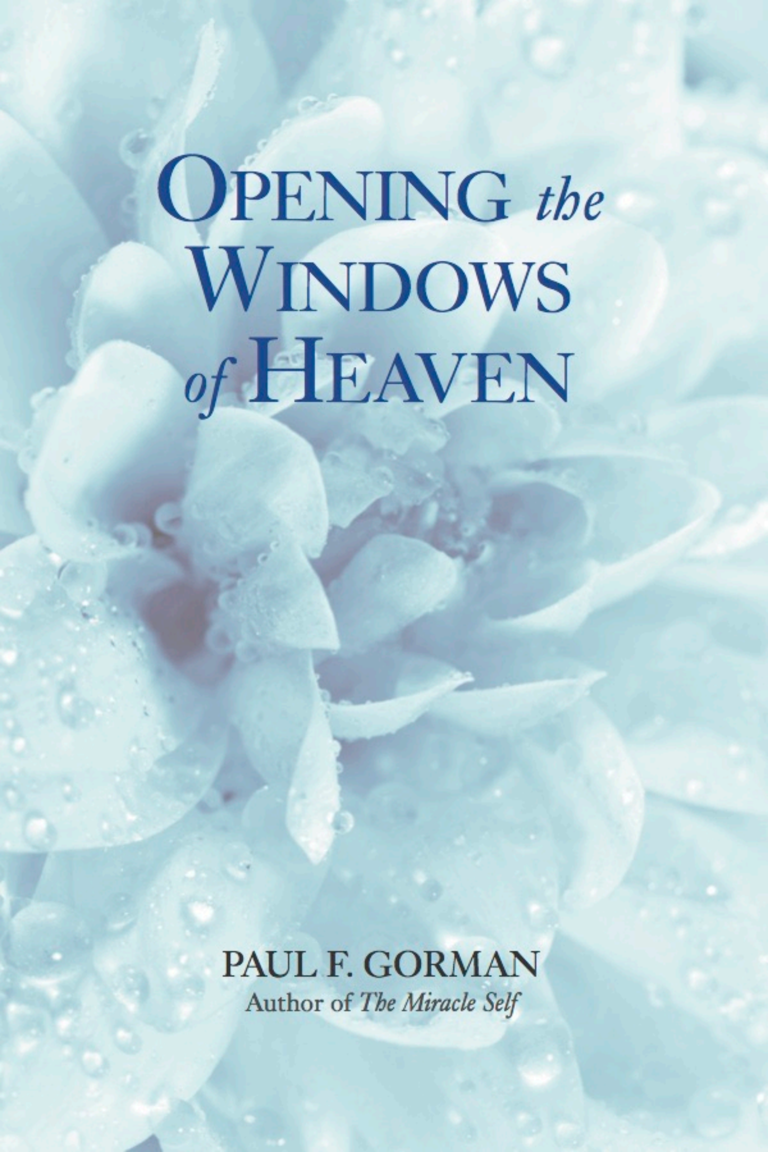

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Author of *The Miracle Self*

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Releasing the Universe Within

Lifting Awareness into the Realm of *I AM*

PAUL F. GORMAN

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"My food is to do the will of him that sent me,
and to finish his work." John 4:34

Think of yourself as a diner as you read this book.
The "food" herein has been presented for you
exactly as a Master Chef would plate his or her food
— with ample space for seeing and appreciating
each bite, with space for savoring and lingering,
with a presentation that is worthy of the value of
the food, worthy of the beauty and love that it is.

M.L., Editor

Rise in conscious awareness — this is the entire secret.

As conscious awareness rises, detaching from and
leaving behind belief, ever greater degrees of heaven
become visible through the unconditioned mind.

“As in heaven so in earth.”

The earth and all its people, things and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the dissolving
fog of false sense.

Indeed, “As in heaven so in earth” emerges as the one
reality. The bondage of false, material sense is dispelled,
and the unconditioned reality of man, earth and universe
is experienced harmonious, peaceful and free, in love.

Paul F. Gorman

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PREFACE

A need remains among spiritual students who have spent years studying and meditating yet still find themselves struggling with ill-health, lack, limitation, disharmony or decrepitude.

Freedom in spirit on earth comes not only by knowing that God is all but by knowing why *appearance* consists of both good and bad. The truth of life must be known, but the reason for apparent untruth must also be known. “Know the truth, and the truth will make you free.”

Once untruth is known for what it is (believed reality with no substance, law or activity of its own to uphold it in one’s experience) it can be ignored while the fullness of God is witnessed within. *Then* truth shines “through” the window of unconditioned mind to reveal the harmony of body, thing and condition.

In this book of seventy-one inspired lessons we are given profoundly clear and practical answers and are guided in the practice of the presence of God — within *and without* — which releases the universe of Good as tangible everyday experience.

As individual awareness is filled with truth, the light of God realization shines within and without, revealing a world of good without opposite where, to material sense, bad appeared to battle with good.

Illumined awareness is the secret of "earth as it is in heaven." As our conscious awareness lifts into the realm of God we are filled with the light of clear seeing. This illumined vision is what "human" sense describes as the miracle of healing, abundance, love, harmony and peace. These are not miracles in themselves but that of illumined seeing. "Whereas I was blind, now I see."

As you journey into the universe within give yourself the gift of at least one significant period of silence each day, simply letting *I be I as I* as *I is* as you. In this silence of personal self the light of *I Am* shines brightly and the goodness of God is tangibly witnessed.

LESSON
ONE

The universe of apparent material form is, in reality, the one universe of consciousness (God, spirit and truth, infinity, omnipresence).

Because the only consciousness in your universe is *you,* and the only consciousness in mine is *me* (the kingdom of God is within you; the whole of God exists in and as you), your whole universe is your consciousness, and my whole universe is my consciousness.

Not a single person, thing, place, condition, activity or amount in your universe is outside of, separate from or different from *you* (the consciousness you are).

All is, and exists within you. You are the god (the entirety) of your universe.

We have heard this truth a thousand times, but we have not taken it literally. In order to experience the true, harmonious universe, we must now take it literally.

Consciously realize and take literally: everything I experience this day is my sense of what he, she or it truly is (God).

Therefore, ask, What am *I being* as this person, thing or condition in my experience today?

Be assured that whatever you accept as being real in your universe, whatever you react to in your universe, whatever you are afraid of and protect yourself from in your universe, whatever you accept as lacking or limited or disharmonious in your universe *is you accepting belief, you accepting concepts of reality, you accepting pairs of opposites* instead of oneness, instead of having God as *literal* and *practical* all.

I am with you — *I* am being your truth — 24 hours a day. Rest, dear friends; *rest,* and *let* your *I am* light shine as you and for you.

LESSON
TWO

What I am accepting in belief is what I am *being* in this minute's experience.

All is, and exists within you. You are the god (the entirety) of your universe.

Continuously ask, What am *I being* as person, thing, place, amount and condition in this minute's (this now's) experience?

What am *I being* as I, mind, body and earth this minute, this now?

Let us deeply understand what we heard in Lesson One: Whatever we accept as being real in our universe (an entity in and of its own self), whatever we react to, bad or good, in our universe, whatever we are afraid of and protect ourselves from in our universe, whatever we accept as lacking, limited, disharmonious, burdening in our universe *is our accepting belief, accepting concepts of reality, accepting the manifest experience itself as a reality; is we ourselves being hoodwinked by belief and its false imagery; is we ourselves accepting and operating within pairs of opposites* instead of oneness, instead of having God as literal and practical all of all.

God, good, is all. There is no other; there is no other form — no other person, thing or condition.

My kingdom is the living consciousness of this one and only reality.

Live consciously *in* God as all of all.

Live consciously *with* God as all of all.

Live consciously *as* God as all of all.

Live consciously as "the one son of God," for there are not many sons – just one, that one being the *I* you are, the *I* I am, and the *I* that is all in our individual experience of My kingdom.

LESSON
THREE

Only God is, and God is silence; therefore only silence is.

To have the tangible experience of God, have the tangible experience of silence.

There is no other way to experience God (good) because there is no other God.

Lift yourself into silence in which and as which nothing of pairs of opposites exists in you, and no reaction to opposites exists in you; in which and as which only God exists as literal, palpable, visible formation:

God inside you, God outside you.

Silent inner, silent outer.

No bad, no good; no pairs, no opposites.

No judgment, no idea, no concept; no reaction, no effort.

Just God, just *is,* just *silence,* just *I* living *I am.*

LESSON
FOUR

No one can give you that which you yourself do not have.

The world cannot give you that which you yourself do not have.

Person, thing, condition, amount, activity or place cannot give you as itself that which you do not have as it.

I is what you are, and *I am* is what you have.

Be *I* and give *I am* to all-of-all mind, body and world.

Realize, I can receive only that which *I have* and *am being* as the all-of-all of my world.

There is no one else, nothing else, to receive it from.

LESSON
FIVE

When we have as much God in (as) the outer as we do the inner, God (good) is as real and palpable to our outer sense as to our inner.

But if we have God inside and a human outside; God inside and a thing, condition, amount or place outside; infinity and omnipresence inside but finiteness and objective presence outside; the nameless inside but the named outside, then we have a divided consciousness and in that division, that separateness, God is hidden from sense.

In other words, if we are attempting to bring health, wealth, love, harmony or peace to that which we believe needs it, we fail. When we know all *as being* health, wealth, love, harmony and peace (the presence of God, good) *despite every appearance to the contrary,* we quickly have these filling our outer experience.

The inner and outer can only give us what we *have.*

This is why we watch so many students experiencing wonderful, peace-filled (even ecstatic) meditations "inside," yet experiencing as much good v. bad as any human "outside." This is why those seekers cannot heal; and it is why *we* cannot until we lift into the consciousness of oneness, the consciousness that *is* My Universe.

Meditate deeply with this, and with the following Scriptures:

> For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath. Matthew 13:12

> Yeshua said to them, When you make the two into one, and when you make the inner like the outer and the outer like the inner and the upper

like the lower, and when you make male and female into a single one, so that the male will not be male nor the female be female . . . then you will enter the kingdom; Know what is in front of your face and what is hidden from you will be disclosed. There is nothing hidden that will not be revealed. *Gospel of Thomas,* Sayings 22; 5

LESSON
SIX

* * *

Think deeply on
Meditate deeply upon
Be the deep silence of

I am

(not personal I am)

LESSON
SEVEN

I am is silence.

Nothing but *utter receptive silence* is *I am* experienced.

Hear it with hearing ears; see it with seeing eyes.

I am is silence. Nothing but *utter receptive silence*
is *I am* experienced.

Now decide what you will do about the sound of heaven you are hearing and the light of heaven you are seeing.

"Choose you this day whom ye will serve . . . As for me and my house, we will serve the Lord [I am]." Joshua 24:15

LESSON EIGHT

God (*I am*) is *silence.*

Thinking is not *I am,* therefore is not (and cannot be) God, good, evidenced.

Doing is not *I am,* therefore is not (and cannot be) God, good, evidenced.

Only *silence is;* only *silence* evidences itself; only *silence* sees itself.

Therefore, only silence is God, good, evidenced.

Do you hear, do you see? *I am* is silence; therefore nothing but utter *receptive silence* is *I am (good) experienced.*

LESSON NINE

God — silence — is instantaneity.

God — silence — *is.*

Taking thought for our lives removes us from silence, therefore from instantaneity.

Belief, concept, idea are “noisy self” not silence, therefore remove us from instantaneity.

Effort, activity, power, might are “noisy self” not silence, therefore remove us from instantaneity.

In and as and “through” silence, all already (instantly) is.

LESSON
TEN

“Awake, O sleeper and rise from the dead, and Christ shall give you light [senses shall be illumined to reveal self-completeness in every way, form and condition, limitless and free to be the fullness of spiritual being on earth].”
Ephesians 5:14 (Lamsa translation)

Nothing of good — nothing, nothing, *nothing* of utter oneness, completeness and fulfillment of being — is absent or separate from immediate experience.

Why? *I am* is oneness (omnipresence), not twoness, not separateness, not difference, not multiplicity, not pairs of opposites, not variability, not uncertainty, not condition.

I am that, not I *can be* or *will be* when I sufficiently rise in spiritual awareness; *I am . . . I am . . . I am . . .* because only God is. Only My Universe exists; there is no other (only in false sense do we believe there is another, then act out of the belief in otherness).

The realization of *I am is* the spiritual awareness that reveals the fulfillment of being.

Every minute we spend *attempting to become I am* is another minute we keep ourselves separated in sense from our wholeness and fulfillment.

Every minute we devote to *realizing I am* is another minute devoted to the single most powerful and effective awareness in heaven and earth: the infinity and eternal oneness (self-completeness) of being.

LESSON
ELEVEN

My Kingdom is the only kingdom.

Spiritual mind is the only mind and is forever fully aware of — and being — its self-complete self (infinite and omnipresent fulfillment of being).

But remember, "The carnal mind is enmity against God: for it is not subject to the law of God, because it cannot be." Romans 8:7 (Lamsa)

Never forget this. If we continue in a dream state believing that person, thing or condition is in *any way* separate, different or less than the full presence and form of God — the literal, real and practical presence of God, oneness, good ("If you see me, you see the Father who sent me") — then we are not subject to the law of God (the visible, palpable, literal and practical truth), because we cannot be.

It is like realizing that a belief in 4 x 4 being 8 is not subject to the law of math because it cannot be.

Hear it . . . hear it. If we believe that any person, thing, condition, circumstance, amount, activity or place is anything *but the very full presence and form of God,* then God (true good) is entirely unavailable to our experience.

No matter how lovingly and devotedly we attempt to "bring God to carnal (separated, divided) sense," we fail for the single reason that a belief in twoness (carnal mind; inner versus outer; spiritual versus human, physical, material, earthly) "is not subject to the law of God, because it cannot be."

I am . . . I am . . . I am.

Meditate upon this one, already self-fulfilled truth for hours and hours.

A consistent *I am* meditation will do more for you than a thousand others.

LESSON
TWELVE

My universe (the infinite, omnipresent consciousness that is spirit and truth) is the only universe.

My being is the only being.

My mind, and the infinity it is, has and is aware of, is the only mind.

My body, and all that *My* body is, is the only body.

My thing, condition, amount, activity and place are the only thing, condition, amount, activity and place.

The belief in *anything whatsoever* being different or less than the fullness of God is what Saint Paul has called "enmity against God." Really, it is enmity against ourselves and our experience of wholeness and harmony, for it is only we who suffer by our mistaken awareness.

Certainly, God does not suffer! In fact, God knows nothing about our erring, our belief and the unwittingly needless suffering it brings about.

The moment we believe God is even slightly absent in and as the actual presence and form of person, thing and condition; the moment we attempt to get God to show us wholeness and harmony, to heal, love, prosper or pacify that which we believe needs it, we have instantly separated our sense from God, and in so doing have violated the law, the presence and principle of wholeness, of omnipresence, of "Ye are ever with me, and all that I have is yours."

Remember — 1000 times a day — "The carnal mind is enmity against God: for it is not subject to the law of God, because it cannot be." Romans 8:7 (Lamsa)

Then lift into and maintain a living awareness of

I am . . . I am . . . I already am.

As we heard in Lesson Eleven, meditate upon this one already self-fulfilled and self-sustained truth for hours upon hours.

And trust it when we are told: *a consistent* I am *meditation will do more for you (will reveal more God, good, in your life) than a thousand others.*

LESSON THIRTEEN

My existence is the *only,* and *I am spirit and truth,* not matter and untruth or nonfulfillment.

I cannot be named; *I* am non-definable; *I* am non-detectable to material sense and to divided consciousness (God within “and” something less than or different from God without); yet *I* am the one actual, palpable, practical, visible reality fully palpable and visible as and to My Self.

The apparent, in itself, is not *I.* Only *I* itself is *I.*

If we believe and make effort for anything apparent we are not in *I*-consciousness and therefore, cannot experience *I* as the apparent.

When we stay in *I*-consciousness as and for the glory of *I* alone, we witness *I* as the glory of the apparent.

"I must be about my Father's business," not the business of the apparent.

Then, and then only, am I in truth; and then, and then only, do I *have* truth at hand as my ever-present, real and practical experience.

LESSON FOURTEEN

“The law is not of faith: but, the man that doeth them shall live in them.” Galations 3:12

I am is itself the law made evident.

As we *be omnipresent I am,* we are subject to the law of God, because we can be [we have made ourselves “available” to the law of God by *being it*].

LESSON
FIFTEEN

"The law is not of faith: but, the man that doeth them shall live in them." Galations 3:12

Law — principle — is infinite, omnipresent, omnipotent and omniscient (the intelligence, wisdom, power, form, activity and visibility of *itself alone*).

Its universe is *full of itself* alone. The fullness of its oneness exists "inside itself and outside itself," *as all there is.*

It is not influenced by any person, thing or condition because there is no "other or different" person, thing or condition in its universe.

Only *it itself* exists *as* and *throughout* its universe, *being all its universe constitutes* (No matter how all may appear to sense as person, thing or condition. "Judge not by the appearance".).

"I am the Lord, and besides me there is none else." I am the law (the principle), and besides me there is none else.

It is this absolute, no-exceptions *oneness* "inside you and outside you" that evidences oneness (health, wealth, love, harmony, peace) as form.

In other words, law (principle) experiences itself "inside and outside" *as it is being nothing but itself,* as it considers nothing but itself, as its purpose consists of nothing but self-purpose (law, principle, truth, God purpose).

"I must be about the Father's business." I must be about the business (consistently and with utter discipline of sense) of knowing that *all is I am.*

The business of being "I am" within, yet believing that "he, she and it" without are *not I am,* or are potentially I am, or "in truth" are I am, is nothing but belief's, the devil's, business (read the "three temptations of Christ" Matthew 4:1-11).

I am with you; *I am* as you; *I am* eternally one with and as you.

You are myself, *I am* yourself — one glorious, evident, fulfilled, experientially purposeful, free and joyous self.

LESSON
SIXTEEN

“The law is not of faith: but, the man that doeth them shall live in them.” Galations 3:12

Law (principle) is evident as and to itself alone.

Once we know that all is (already) *I am,* and therefore no longer “deny God” by believing that any person, thing or condition is less than or different from God; when we continually resist the temptation to do anything to make what we believe is not God into God (to attempt to heal, prosper, pacify or harmonize), and get on with the Father’s business of knowing, being and giving God alone, *then we are those who are “doing the law” and living in it (evidencing it).*

The moment we have person, thing or condition to which we are attempting to *apply* the law, we have taken ourselves right out of the law, and we fail.

God is evident to *itself alone* (because there is none else to be evident as or to or for).

Only God is!

LESSON SEVENTEEN

All is God, one, *I am.* There is nothing in or about the entirety of existence but *I am.*

It does not matter how we define a person, a thing, a circumstance, a place, a condition. "Judge not by the appearance." *All* is God; all is *I am.*

"*I am* the first [the essence, the alpha, the within-ness, the spirit, the substantial], and *I am* the last [the form, the experience, the omega, the objective sense]; and beside me there is no God [no existence whatsoever]." Isaiah 44:6

The same truth is in the words of the Master: "The kingdom of heaven is inside you and it is outside you."

LESSON EIGHTEEN

All is God, *I am.*

The 7.5 billion people on earth today are God *being* what we experience as 7.5 billion individual expressions of the one God, the one presence, the one *I am.*

What is the nature of God, truth? "It is the Father's good pleasure to give you the kingdom."

As we consciously realize that all beings are *I am,* and stop believing them to be human, we cannot help but pour everything that God is and has out to them and for them, and they cannot help but be God for us, pouring all that God is and has out to us and for us.

Imagine, when you know this truth and experience even a few people in your day, how much God (good) you are given.

The whole of infinity is present, visible and tangible, and pouring itself out to you as and from every person in your day, *when you truly know them as I am,* and nothing "else."

LESSON
NINETEEN

“I am in this world” (John 9:39); “[but] I am not of the world.” (John 17:14)

We hear in *The Great Need*

> At our current level of “human” awareness — “one of the many mansions in my Father’s house” — mind is objective. Hence we have the experience of objectively formed life — time and space; cause and effect; the five senses of hearing, seeing tasting, touching, smelling. Because the mind is objective, our thoughts are objective. But realize, objective awareness and thought are simply our *sense* of oneness, experienced at and as our current level of awareness, or mind (which is objective).

I *sense* objectively but I am not *of* objectivity.

LESSON
TWENTY

"As long as I am in the world, I am the light of the world." (John 9:5)

As long as *conscious I am* is present as you and as me, *I am* visible truth revealed in and as the world.

But *I am* has to be *consciously* experienced, *consciously felt* as the life and presence of God living us, being the entirety — the inner *and* outer — of existence.

In other words, only as "we" — personal selves — are absent, is God present; only as "we" have let go of and relinquished the personal sense of life with its universe of need and desire and yielded to God, letting God live its own existence as us, is the objective sense (the world) illumined as the light (health, wealth, harmony and peace) it is; is earth revealed "as it is in heaven [as it is in truth]".

Meditate with this deeply, continually.

> "As long as *I am* in the world,
> *I am* the light of the world."

LESSON
TWENTY-ONE

"I pray not that thou should take them out of the world, but that thou should keep them from the evil." John 17:15

Living the illumined life of spirit does not take us out of the world but washes from our consciousness the belief in twoness, in separateness and difference from God.

All is God. As we know and live in oneness, the world and all it constitutes is witnessed as God (good), whole, harmonious and purposeful.

LESSON
TWENTY-TWO

* * *

“Sanctify them through thy truth: thy word is truth.”
John 17:17

Let us take this deeply into awareness today, understanding that “through thy truth” means through the purity of God consciousness, of God being all-of-all, already fully present, manifested, demonstrated, visible, tangible and real to spiritual sense.

LESSON
TWENTY-THREE

“The kingdom of God is within you.” Luke 17:21

This statement almost sounds like a cliche, we have heard it so many times. But do we *know* it? Do we *live* it? Do we *trust* it? Are we *being* it? Are we *being true oneness, true within-ness*?

Or do we still believe that the “inner” is different from the “outer”? Do we still seek our good, or some of it, or certain categories of it, from the outer, and by mental or material means, or both?

“Not by might, nor by power, but by my spirit, says the Lord of hosts [says the truth, the within-ness, of all that exists].” Zechariah 4:6

A miracle happens in individual experience when we meditate deeply and continuously on the truth that “The kingdom of God is within you." Can you imagine what happens when you truly know and live every minute of life as and by the kingdom within? Can you imagine the infinity of all good that is ever at hand; the unconditional love that all in your universe is and is witnessed as; the boundless good form, amount and activity ever available to you and for all in your consciousness; the omnipotent power of peace and harmony your very presence is to every person and condition in your world; the love, light, life, relationship, home, food, safety, protection, freedom, happiness your consciousness is *as* and *for* all people, all conditions, all places, all amount, all things?

Meditate on these things, in the realization that the entirety of existence, the kingdom of all that is (God, good) is within you, *is your consciousness,* and exists in full glory, fully manifested and demonstrated, fully visible at every point of itself at the same time.

Most importantly, remember that God (the truth of all that is) is spirit, not matter — not human, mental, physical, material.

“The kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost [the spirit or consciousness of being].” Romans 14:17

I am with you in the secret place of the kingdom within. Together, in the consciousness and living of this realization, we are one; and as one, a mighty presence and power of light throughout and for the world.

LESSON
TWENTY-FOUR

The kingdom of God is within you." Luke 17:21

Not one aspect or form of good can come into your experience from outside of you; all good "comes from" within, and is beheld objectively as what is called "outer" or "worldly" good.

To believe that any good exists "out there," and to then seek and expect or hope for that good to "come" is as ludicrous in truth as it is to expect any scene of a movie to appear on the screen without first flowing forth from the projector in a cinema.

Meditate deeply on the truth that "the kingdom of God [literally all-of-all] is within you".

Then watch this realization change how you study, your meditations, your periods of silence, your thoughts and your actions.

LESSON
TWENTY-FIVE

"The kingdom of God is within you." Luke 17:21

The entirety of existence is within you.

Just as all thought exists within you and flows "from you into and as the world," so all people, things, conditions, places, amounts and activities exist within you and flow from you "into the world" (flow *as* the substance and form that constitute what we call our "world and universe."

All, all, *all* exists within you.

There is no way to experience any of God, good, without giving it, expressing it, pouring it out, contributing, sharing, serving — just as there is no way for a single frame of the movie to appear on the cinema screen without the projector giving it to the screen.

LESSON
TWENTY-SIX

"The kingdom of God is within you." Luke 17:21

We have heard this truth a thousand times; now we must take it one hundred percent literally, and *live it.*

All, all, *all* exists within.

Absolutely every person, thing, place, amount and condition exists within, and is witnessed "without" only because within-ness is "also," and "fills," the "outer" (objective) experience.

Withinness is the infinite omnipresence that *is* the one and only existence, the all-of-all (that which God is), experienced objectively as what we name "our world; person, thing, place, condition, activity, amount; the five senses; time and space, cause and effect; absolutely everything we name."

Simply stated, all that constitutes the universe is the infinite omnipresent within-ness beheld (experienced) objectively.

Observe a leaf, hear a bird's song, taste a serving of food, hold a flower, smell her fragrance, think a thought, sense self, *feel* life — all of this is your beholding within-ness objectively.

Just as we cannot experience a thought except by bringing it forth (giving it) from within, so we cannot experience truthful person, thing, amount, activity, place or condition without bringing it forth (giving it) from within.

Self is proactive ("It is the Father's good pleasure to give you the kingdom"), so the "outer" experience is automatic; however, if we are unaware of the truth of all, we merrily — or bleakly — encounter the "outer" with little or no God dominion substantiating it.

"Know the truth, and the truth will make you free." When we "join" the "Father's good pleasure" in giving the truth to our objective experience, we discover and have our freedom in and of all the earth "as it is in heaven [as it is in within-ness]."

LESSON
TWENTY-SEVEN

God does not have time or space in it.

God does not have cause or effect in it.

And God is the infinitude, the all-of-all. Therefore, the universe (our objective sense/experience of existence) does not have time or space, cause or effect in it.

Therefore, God does not have person, thing or condition in it because all these, as we sense them to be (as separate, different entities unto themselves, existing in time, occupying space, the effect of a cause) are concepts only and not God itself.

God *is.*

Illumination is the realization and the living of *is* being the only existence, substance, form, place, amount, activity and visibility.

True prayer is resting, bathing, in and as *is,* knowing that in is we are and have all that God is and has.

True meditation is the meditation of *is,* of *I am* and *I have* all; that I am a god (Psalm 82:6; Isaiah 41:23; John 10:34), not a beggar; that *I am* the one real and practical truth presence, substance and supply of my universe, not a victim in and of an untruthful universe which, somehow, I will fix by gaining God's help.

True silence is the silence of *omnipresent is,* as which there is nothing to "do" other than rest and radiate as *is.*

The moment we pray, meditate or sit in silence *for* a person, thing, condition, place or amount to *become* harmonious and true, we are out of God consciousness (out of My Universe) and are left with no way in heaven or in earth to evidence the *is* of God as all.

Realize: God *is,* therefore all that my consciousness is and beholds is *is.*

Know this truth, rest in and as *is,* and be free; in being free, watch as your *is*-presence reveals the mighty works of God as all that earth *is.*

LESSON TWENTY-EIGHT

God does not have time or space in it; and because God is infinite-all, *nothing of existence including our objective sense of it* ("this world") has time or space in it.

Yes, time and space *appear* to exist; time and space are an aspect of our current three-dimensional *sense of that* which is, in actuality, here and now — as the only *true,* practical, invariable and reliable experience — 100 percent God, one, is-ness, now-ness, instantaneity . . . pure *is.*

Transcend the belief in time and space. Leave them behind just as you left your childhood home behind.

Lift into God sense — *is* — and live *there.* Think *there,* live *there,* move *there,* have your being *there;* insist that every moment of your existence is awareness of (and activity "out from") *is,* devoid of time-and-space belief.

Gently and lovingly wash yourself clean of the belief of every person, thing and condition, every place, every amount, every activity (every "reality") you have accepted as existing in, being an experience of, and being subject to time, and occupying space somewhere in mind, body or universe.

Watch how quickly you experience the release from "this world" ties, struggles, lack and limitation, suffering and pain as you begin to live free of the belief in time and space; for *all* bondage, struggle, lack, limitation, suffering and pain — *all* untruth — exist in time and occupy space. None exists in God *(is).*

Exist as *is*, and let *is* exist as you ("abide in me, and I abide in you"), and be free.

LESSON
TWENTY-NINE

Now let us realize the same non-truth about cause and effect as we are realizing about time and space.

God does not have cause or effect in it; and because God is infinite-all, *nothing of existence including our objective sense* ("this world") contains cause or effect.

Yes, cause and effect *appear to be* in sensory experience; cause and effect are an aspect of our current three-dimensional *sense of that* which is, in actuality, here and now (as the only *true,* practical, invariable and reliable experience) 100 percent God, one, is-ness, now-ness, instantaneity . . . pure *is.*

And let me add, that the *apparent existence* of time and space and cause and effect in sensory experience *are innocent and impotent* as long as (and from the moment) we retract *belief* in them.

Transcend the belief in cause and effect. Leave them behind just as you left your childhood home behind.

Lift into God sense — *is* — and live *there.* Think *there,* move *there,* have your being *there;* insist that every moment of your existence is awareness of and activity "out from" *is,* devoid of cause-and-effect belief.

I am, I observe, I operate in the world without attachment, without belief, without reaction to that which seems to be.

I know that appearance is innocent and impotent in itself. Time and space and cause and effect are only pictures of sense. They are not real in themselves. Because they are not real they have no power, no influence, no reaction or result in me.

Gently and lovingly wash yourself clean of the belief of every person, thing and condition, every place, every amount, every activity (every "reality") you have accepted as existing in, being an experience of, and being subject to cause, and being an effect of or in mind, body or universe.

Watch how quickly you experience the release from "this world" ties, struggles, lack and limitation, suffering and pain as you begin to live free of the belief in cause and effect; for *all* bondage, struggle, lack, limitation, suffering and pain — *all* untruth — exist as so-called cause and its effect (in other words, as the pairs of opposites in a tug of war with each other). None exists in God *(is)*.

Exist as *is,* and let *is* exist as you ("abide in me, and I abide in you"), and be free.

LESSON THIRTY

God has no time, no space, no cause, no effect in it.

In the silence of God consciousness — in the *deep silence of being* — you are instantly free of all people, things, conditions, circumstances, amounts and places, all pairs of opposites, that seem so real and often "stuck" to a time-and-space, cause-and-effect consciousness.

The *deep silence of being* (nothing less) that *is* God consciousness *is itself* existence of freedom from all material (including Mosaic, Hebraic) laws, principles, and commandments.

The instant we attain the deep silence of being, we are free. Nothing human, mental, physical or material applies to us; nor can it operate in our lives.

Our constant purpose, therefore, is to re-attain and then maintain the *conscious deep silence of being* — true oneness in and as God, true existence as the finished kingdom, as a god, giving and serving of our omnipresent infinity, and knowing that *as we do,* we witness the multiplication of all good and fulfilling form.

Think deeply about this truth continuously until all belief in time, space, cause, effect is washed out of you).

The fruitage of truth depends on your deep realization of the non-reality of time, space, cause and effect — even in objective (world) sense/experience.

(Refer to Lessons 28 and 29 for more detail.)

LESSON
THIRTY-ONE

Because God has no time, no space, no cause, no effect in it, when you are in God consciousness (in the silence of oneness, *feeling* the presence of truth permeating you; without taking thought for any person, thing or condition; simply and silently bathing in and as *is*) *you are instantly free of every condition and consequence of time and space, cause and effect.*

You are "whiter than snow" (Psalm 51:7); you have no human, physical or material past, present, or future. You are, this instant, and for as long as you maintain true God consciousness (or keep re-attaining it each hour), devoid of the belief in and attachment to time and space, cause and effect; you are all that God is and has.

Rest *there;* rest as a completely impersonal self *there;* rest as *is,* and simply *behold* the presence of God announcing itself and blossoming, filling your mind, body and world with its heavenly fragrance, color, form and activity.

Do you see why you only need *behold God in action* when you are empty of belief and attachment, and live as the *is* of the finished kingdom of you presenting its abundant and glorious fruits to you each hour?

LESSON
THIRTY-TWO

When you are empty of the belief in and attachment to time what consequence of time could you suffer?

When you are empty of the belief in and attachment to space what consequence of space could you suffer?

When you are empty of the belief in and attachment to cause what consequence of cause could you suffer?

When you are empty of the belief in and attachment to effect what consequence of effect could you suffer?

None.

Only God is.

LESSON THIRTY-THREE

I am the only; and *I am* has nothing to do with degrees of awareness; *I am* and the *I am experience* are not dependent on or conditional to individual awareness.

I am is, period (just as the sun *is,* gravity *is,* math *is,* aerodynamics *is*).

Knowing *this* is the greatest key to awakening (and the instantaneous key when it is truly known).

Only God is. No matter what "degree" of spiritual awareness we believe we have attained, we are having and can *only* have God experience because there is nothing but God.

It is impossible to have a non-God experience when the entirety of existence is God.

The minute we truly know and live *this* we are free.

I am the only existence and all that constitutes existence (all person, mind, body, thing, condition, place, amount, activity; the all-of-all — no matter what we name it).

Therefore, *I am* is the only experience.

Stop believing anything "different." Know the truth and the truth frees you.

Then live the rested state of being — *is* beholding *is.*

Live the life of the beholder, abundantly and ceaselessly giving and serving of that which presents itself to you. Simply behold the wonder of the finished kingdom blossoming and presenting its divine treasures and purposes to you *as and for all,* everywhere you are, and then *give . . . express . . . pour out* all you are and have.

"Where the spirit of the Lord is, there is liberty."

Merriam-Webster defines "liberty" as: the state of being free from the control or power of another. Synonyms: independence, self-governance, sovereignty, emancipation, release.

LESSON
THIRTY-FOUR

We heard in Lesson Thirty-Three that

> *I am* the only; and *I am* has nothing to do with degrees of awareness; *I am* and the *I am experience* are not dependent on or conditional to individual awareness.
>
> *I am is*, period (just as the sun *is*, gravity *is*, math *is*, aerodynamics *is*).
>
> Knowing *this* is the greatest key to awakening (and the instantaneous key when it is truly known).

> *Only God is.* No matter what "degree" of spiritual awareness we believe we have attained, we are having and can *only* have God experience because there is nothing but God.
>
> It is impossible to have a non-God experience when the entirety of existence is God.
>
> The minute we truly know and live *this* we are free.

Today, let us lift into more fully "knowing and living *this*"; and in doing so, experiencing greater degrees of freedom and of giving-ness in every category of life.

Think what it is like to truly know God:

> To truly know that *God is the only.*
> To truly know that God is the finished kingdom of *all* — "inside you and outside you" — therefore, that all *is, this instant and eternally* (unchanging and unchange*able,* the

> same yesterday, today and forever) perfection, harmony, wisdom, fulfilled purpose (of being, mind, body, thing, condition, place, amount).
>
> To truly know that God is the all-of-all, the all-in-all, the all-as-all, the all-for-all.
>
> To truly know that there is nothing you or I or even the Master can or needs to do to make God (good) so; that God, good, *is.*
>
> To truly know that all is *omniscience and the formation thereof* (there is no such thing as "unformed" omniscience) -- the all-knowing, all-wise, almighty good that God is as *all* that is inside you and *all,* that is outside you.

Pause here, and think deeply — ponder, meditate upon — what has been said.

Now, where does this leave a personal "you" or "me"?

Where does this leave your or my effort or responsibility for life?

Where does this leave your or my effort in so-called health and healing?

Where does this leave your or my effort for or involvement in evidencing supply, in feeding the multiples, in pacifying the storms, in being the light of the world?

Constantly, consciously, actively defer and yield to God — to that which all *is.*

Constantly, consciously, silently and receptively be a window of and for that which all *is.*

Constantly, consciously, spaciously, peacefully, effortlessly, patiently, silently *behold* that which all *is,* presenting itself to you, as you, for all in the range of your consciousness.

In a nutshell: truly, deeply know that *only I am is;* constantly, selflessly defer and yield to *I am;* live every moment as a window of heaven, a beholder of the heavenly riches freely filling your mind, body and world; freely and fully give, serve, share, express, contribute all the fruits of the kingdom to and with all in your world just as God freely and fully "gives, serves, shares, expresses, contributes all the fruits of the kingdom to and with all that you are and have."

"Ye are gods".

LESSON
THIRTY-FIVE

Truly, deeply know that *God — spirit and truth — is the only.*

Constantly, and more and more literally and completely, defer and yield to God, to spirit and truth.

Realize, “Where the spirit of the Lord is, *there* is liberty.”

Liberty — “the state of being free from the control or power of another.” (Merriam-Webster)

Constantly deferring and yielding to God, to spirit and truth; living the one true life of a beholder of the presence of God, good; being the giver — the god — of the gifts of heaven to all in your world *is itself* “the state of being free from the control or power of another” — free of God-”and”; free of this world; free of good vs. bad humanity, mental mind, physicality, materiality; free of every pair of opposites.

Realize each synonym for liberty as defining a God state of being with no personal self blocking its experience: *God is* independence, *God is* governance, *God is* self-sovereignty, *God is* emancipation, *God is* release.

Where the personal self is absent, the spirit of the Lord is present.

There liberty is tangible, visible and practical.

(Refer to Lesson 34 for more contemplation.)

LESSON
THIRTY-SIX

With spiritual discernment, let us take this verse from Romans 1 deep into meditation today, followed by much silent receptivity.

"For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men ["against" all belief, all material consciousness, all belief in existence being separate and different from God] who hold the truth in unrighteousness; because that which may be known of God is manifest in them; for God hath showed it unto them [God or truth is the only entity, the only reality; therefore a consciousness that is out of tune with that which is must, by definition, experience discord, lack and limitation]." Romans 1:18-19

I Am with you as the light of this truth within.

LESSON THIRTY-SEVEN

Nothing is hidden in the mind of God.

As and with spiritual consciousness all that God is and has becomes visible to sense.

"For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse." Romans 1:20

LESSON
THIRTY-EIGHT

"Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools, and changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and four-footed beasts, and creeping things." Romans 1:21-23

"Glorifying him not as God," etc., refers to *belief.*

Belief is itself the pairs of opposites, the un-God-like experience of "human, mental, physical and material reality" and the reliance on these as if bad were an entity in itself to be rid of, and its opposite, good (that which we seek to replace or heal the bad) were better entity that we should gain or achieve.

Meditate with this scripture and sit silently and receptive with it to hear your own clarity, to let its truth and fruitage flow as your tangible good.

LESSON THIRTY-NINE

I was reading the Lamsa translation of our scripture this morning, and I think it is very helpful. Here it is for your additional contemplation and silence time today and beyond:

> For they knew God and did not glorify him and give thanks to him as God, but became vain in their imaginations, and their hearts were darkened so that they could not understand. And while they thought within themselves that they were wise, they became fools, and they have changed the glory of the incorruptible God for an image made in the likeness of corruptible man, and in the likeness of birds and of four-footed beasts and of creeping things on the earth.
>
> Romans 1:21-23 (Lamsa translation)

LESSON FORTY

"Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonor their own bodies between themselves: who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen." Romans 1:24-25

Again, meditate deeply with this scripture to hear your own clarity; and sit in much silence with it to let its fruitage come forth in awareness.

LESSON
FORTY-ONE

God *is.* Nothing "we" do or fail to do affects the ever-present *is* of God, therefore the ever-present *is* of all-of-all.

However, (and this is the entire crux of un-God-like experience, no matter whether we describe it as being disease, injury, lack, limitation, homelessness, starvation, insecurity, danger, injustice or immorality), because God is *consciousness* we must live in *conscious awareness of the presence of God* being the absolute only, the absolute all-of-all, despite appearance.

If we do not, or are not yet able to for lack of practice or discipline or both, it is as if God deserts us, but it is we who have deserted God.

Then we find ourselves in the experience of Romans 1 (and of all of scripture that describes the "pairs-of-opposites" experience of unawareness of the presence of God).

It is our *conscious awareness* of the omnipresence of God, our *consciously* living and moving and having our being in and as God, our absolute reliance on and as God alone as our all-of-all in the most real and practical way that *evidences* God, good, without our taking thought or action *for* our lives or any aspect or form of them.

> Take no thought [or action] for your life. . . . Which of you by taking thought [or action] can add to your life one cubit? If ye then be not able to do that thing which is least, why take ye thought for the rest? Rather seek ye [the *consciousness* of] the kingdom of God; and all these things shall be added unto you. Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. Luke 12:22; 25-26; 31-32

LESSON FORTY-TWO

◆

God is consciousness, and God is all; therefore consciousness is all. “All things were made by him; and without him was not any thing made that was made.” John 1:3

All that *is* is consciousness, and exists “in” or “within” and as consciousness. And because God or consciousness is *one* — omnipresent, indivisible, forever self-whole, self-sustained — your and my individual consciousness (and that of every person) is the whole of consciousness (the whole of God).

We witness our consciousness objectively through the objective sense of mind and name it “this world” — “human, mental, physical, material; time, space, cause, effect” and so on.

"This world" is not a different world, a separate world, but is *the one existence*, which is God or consciousness simply *sensed* objectively.

Do you see, therefore, that the only thing that is ever sick, injured, lacking, limited or discordant is our *belief* about our sense of identity, and about that which we sense as other people, bodies, minds, things and conditions?

If (and immediately when) we *know* — truly, deeply, thoroughly *know* — that all is God, good; and that God — the "kingdom of heaven and of earth and all the host of them" — is finished, one, tangible, visible and omnipresent; and when we then literally "live and move and have our beings in God," our experience of self, mind and body, and of our world and all it constitutes becomes, to us, that which it is: God.

LESSON
FORTY-THREE

All is sensed as and from *within.* Nothing *in itself* (none of actual existence, no person, no entity) exists out there ("I of my own self can do nothing [because I of my own self am nothing; only God is]"); all is "in here" *sensed objectively as being "out there."*

We all know this! Yet how many times can we catch ourselves "spiritually working on" someone or some thing or condition out there in the belief that he, she or it needs God, needs truth, needs fulfillment; can be lifted, can be made whole, can be made harmonious and true?

Every minute of such effort is wasted in truth, for "I am; I already am; and I am the only."

"Take no thought for the things [appearances] of your life . . . rather seek the kingdom of God" — the kingdom, the presence of *I am,* of God as all, of the finished and perfect person, thing and condition of God, good — "and all these things [all truthful appearance] shall be added unto you [shall fill, shall be, your sense]."

LESSON FORTY-FOUR

Everything witnessed in the presence of the Master was and is a picture of his consciousness, his within-ness. Nothing is "outer"; all is within, all is one, omnipresence; all is consciousness witnessed objectively.

Never did the Master apply "God consciousness" to an outer person, thing or condition that he believed was, at the moment, "not God" or "less than God" which, when God consciousness was "applied to" or "given to" would transform into a greater experience of God.

Every healing, every multiplied amount of food, every ounce of love and compassion, every clearly visible fruit and every experience of peace and harmony witnessed in his presence was, and is, the objective sense of his consciousness — the "outer" sense of his within-ness.

Let us meditate deeply on these truths, and let us work to be and to evidence the same, for “the works that I do shall ye do also; and greater works than these shall ye do.”

LESSON FORTY-FIVE

True oneness is its own evidence.

Deeply realize what we have heard in Miracle Self writings, that there is *no "evidence" of God in God consciousness.*

God *is,* which is far different from saying that God is *evident* (and believing that God can be).

For a state of good or truth to be "evident," it must also be able to be non-evident; for a state of good to be present, it must also be able to be absent.

In other words, the "evidence" of God as person, thing or condition is nothing more than the good side of the pairs of opposites.

There are no opposites in God; therefore good is not “available from” God. God is only evident as itself in which there is no evidence, but simply *is.*

God *is itself,* period.

Is *is itself,* period.

We must wash ourselves clean of the belief that we can “evidence God” where God, at this moment, seems to be absent.

We must be the god, the *is,* of existence *as which* nothing but true oneness is “happening.”

LESSON
FORTY-SIX

* * *

Take this simple yet all-releasing truth deep into your being:

God *is,* and God is *all;* therefore all *is.*

If all *is,* there is no "evidence." *Is* is its own evidence.

In the omnipresence of *is* there is nothing "else"; therefore there is nothing else to evidence. *Is* is its own "evidence."

Hear it deeply:

Is is its own "evidence."

The minute we attempt to evidence nameable good, we are attempting to evidence something different from *is,* and we have failed before we start.

Never look “outside” of My Universe (outside of the universe of *is*) in an attempt to see how *is* will appear as nameable good.

Is “appears” only as itself because *is* is the only.

Only *is* is; *is* is its own evidence.

Once we have *is,* we have the whole universe of that which *is,* and never again find ourselves in lack or limitation of any good thing.

Know this truth; live the rested state of being in and as *is;* and behold God (*is*) visible and tangible everywhere about as the good, harmony and abundance of all.

LESSON FORTY-SEVEN

Let us live with just this today:

God *is,* period. There is no "evidence" in God; there is only God in God.

God is its own "evidence."

Is is its own "evidence."

LESSON
FORTY-EIGHT

God *is;* and God is the *infinite,* the *only,* the *all-of-all.*

Nothing but God exists.

The fact that God is sensed objectively does not make an object out of God.

Only God is; in, out and as every point of the infinitude at the same time *only God is.*

It is because only God is that *only God sees God; only is sees is.*

We can state it in different ways:

Only a God state of being has and experiences a God state of form (person, thing and condition).

Only God consciousness has and experiences the God (true) state of form.

Be a god and you have God as all.

Be the "causal" presence — the God presence — of all, and you then have and see the "effect" of the cause you are being.

Be the God substance and form of all in your consciousness, and you then have and see God substance and form *as* all in your consciousness.

Be — see, hear, taste, touch, smell and think — nothing but God, and you then *have* nothing but God.

We must be god to have God.

We must be god to see God.

The Master stated it in many wondrous ways, including these:

> Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abides in me, and I in him, the same brings forth much fruit: for without me ye can do nothing. John 15:4-5

"I am the light of the world: he that follows me shall not walk in darkness, but shall have the light of life." John 8:12

"Ye are the light of the world." Matthew 5:14

LESSON FORTY-NINE

We must never separate God and form, God and experience, God and person, place, thing, amount or condition.

One is the only truth; therefore *our consciously being one* is the only experience-able God or truth or harmony.

When we are being consciously one as all, we see (we have) one as all.

We must be the *causal* presence, the god of our universe, the oneness of our universe.

Just as the subject in front of the mirror and the mirror image are one and cannot be separated, or believed to be separate, so God and form — God and the image and likeness — are one and cannot be separated, or believed to be separate.

One . . . one . . . one. That's it; there is nothing "else."

LESSON
FIFTY

God *is*. . . .

Nothing "else" is in the entirety of existence; therefore, *God is* its own evidence; *is* is its own evidence.

We have to *be* a god, *be is, be* the presence of God (not of our own selves, which is impossible; but by being constantly *consciously aware* of the presence of God "happening" within and as all), *be* the "cause" of God as all, *be* the consciousness of God being already and fully evident (there being no other possibility in the entirety of heaven and earth) to see and to have *is* (which is all that God is and has).

Watch, as we *rest in is,* rest in God-already-is, in God-is-the-only-is, therefore nothing to "do, heal, harmonize, prosper or pacify," how we then behold our minds, bodies and world filled with *that which we are being* — God, good.

The "cause" and the "effect" are one and inseparable.

Being the cause and the effect, one and inseparable, is the secret.

LESSON
FIFTY-ONE

"My kingdom is not of this world." John 18:36

Take *all* that constitutes "this world" out of your consciousness, out of your concern.

Do not take thought *for* anything of this world. If we take thought for person, thing or condition we are lost; we are out of My kingdom, out of truth, out of God consciousness and, therefore, cannot have any of God in practical experience.

Remember, we cannot have a partial amount of God. God is one, omnipresence, inseparable, indivisible. We're either one hundred percent in God or one hundred percent out. "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon [materialism, humanity, "this world"]." Matthew 6:24; Luke 16:13

We have to be "in" My kingdom to have it; we have to be in God consciousness to have God person, thing and condition; and when we are, we have its entirety. We *are being* and *have* what God *is* — infinity, omnipresence, instantaneity, now-ness, oneness. We have no one and nothing "else"; therefore, we are not serving any person, thing or condition of "otherness."

God consciousness is literal oneness; therefore we have to be *being* true oneness (oneness *as* everything everywhere) to *have* omnipresent health, wealth, love, harmony and peace.

This is why the Master said to the disciples, "I have food to eat that ye know not of." He was not only stating fact (truth), but also trying to share with the disciples the literal reality and practicality of God.

The disciples were still not in the "My kingdom" consciousness. They judged by human, material, structural sense as they observed their beloved Master teaching all morning without having eaten. Even after he gave them the secret — "I have food to eat that ye know not of" — they still did not understand. “The disciples said among themselves, What! did any man bring him something to eat?” John 4:33 (Lamsa)

Here’s the account:

> In the mean while his disciples prayed him, saying, Master, eat. But he said unto them, I have meat [“food” in Lamsa’s translation] to eat that ye know not of. Therefore said the disciples one to another, Hath any man brought him ought to eat? Jesus said unto them, My food is to do the will of him that sent me, and to finish his work. Say not ye, There are yet four months, and then comes harvest? Behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest. John 4:31-35

Let us keep our eyes lifted up, and look upon all we sense; for all is already My kingdom, divine, whole and complete in every way.

LESSON
FIFTY-TWO

"I have food to eat that ye know not of."

God is one, omnipresence, omnipotence, omniscience.

I am is *the* one, *the* omnipresence, *the* omnipotence, *the* omniscience.

I am forever whole and complete; *I am* incapable of being separated, divided; being incomplete in any way or form; experiencing a lack or limitation of any of God *even in objective experience,* because *I am* is the one, the omnipresence, the omnipotence, the omniscience.

I am the food. Whether we are speaking of food for "just me," or for "all of us," or for the multitudes, makes no difference. There are no multitudes in God. God is one; God is one being, who is forever whole and complete, forever with food and with every other God state, quality and condition.

My kingdom is oneness; My kingdom is *the one* forever fulfilled.

There is no lack or limitation, there is no disease, there is no unhappiness, there is no yearning or need; there is just oneness, wholeness, fulfillment.

The Master was trying to show the disciples that there is no hungry person in God. The entire concept of hunger and of any other lack or limitation of omnipresent, visible, practical fulfillment is absurd in the "My kingdom" consciousness.

I am the food of the world; *I am* the light of the world; *I am* the love of the world; *I am* the life of the world, because the only true world is the "my kingdom" world.

LESSON
FIFTY-THREE

God is its own evidence. In other words, God consciousness *constitutes its own evidence* of good.

But the minute we separate "God" and "evidence" — the minute we attempt to "dispense" our God consciousness "to" a person, thing or condition we believe is not already the fullness of God ("in" the body, or "in" or "working for" our finances or our businesses, or "in" our families and "for" our loves ones, or "to" this or that neighborhood, country or world condition) — there is no way we can evidence the true good even though it is fully present and visible right where we believe it is not. We have blinded ourselves because of our separated sense.

Deeply realize that God *is* its own evidence.

God consciousness *constitutes* its own evidence "inside" and "outside."

LESSON
FIFTY-FOUR

My universe has nothing to do with a personal "you" or "me."

My universe, My kingdom, is God and God's, and is full of *God alone.*

We are each universal selves, not personal, local selves. I am not personal, local, human. *I am* is universal self.

Therefore, if we seek anything but God itself — as a god, for the God-itself experience, to God; if we seek anything but the *one universal good,* we fail. "Take no thought for yourself or the things of your life. . . . but seek the kingdom of God."

I am all; *I am* the only. "I am the Lord, and besides me there is none else." This does not refer to there being no other "God or Lord *within* existence" but to there being no other existence whatsoever.

The only self is God, universal, self. There is no "my personal self" in God. If we exist as a "my self" attempting to see and to have God for "our good" (even the "our good" of our friends, students and neighbors; and of the human multitudes of our world who are hungry, homeless, without love, poor and discouraged, threatened by disease, war or atrocity) we exist blind to that which is. It then seems as if the good of truth evades us and evades those for whom we wish good.

All of us, aware of truth, must accept the spiritual responsibility of *being* the god of our individual universes. We can no longer "pass by" without actively *being the truth* of all and for all in our consciousness.

This is the higher meaning of "Love thy neighbor as thyself." Matthew 22:39

The Master gives us an example:

> Who is my neighbour? And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and

departed, leaving him half dead.

And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side. And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side.

But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, and went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.

And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.

Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves?

And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise. Luke 10: 29-37

LESSON FIFTY-FIVE

You have the innate power — you *are* the innate power, you *are* the innate consciousness — to heal every person who comes into your awareness.

You have the power to reveal the harmony of every thing and condition that comes into your awareness.

You are and have the infinite power of good.

You have the power, you are the power, that finds no resistance to itself anywhere in the world or universe — *not as a personal self with personal power,* but as (*only and exclusively as*) a state of God consciousness.

In God consciousness, you are the presence of God *as*, and *to*, and *for* every person, thing and condition; you have infinite resource, omnipresent and unconditional resource of every good.

We must take up the spiritual responsibility of being the god of our universes. We must be actively god; we must be alive, vital as God consciousness as earth; we must be “thy will be done on earth as it is in heaven.”

The God truth of you, of me, of every spiritually aware individual is literal and perfectly demonstrable. We must now *accept it* as being literal and demonstrable, and get on with “the Father’s business” of *being* the light of the world, never again content to “pass by.”

LESSON
FIFTY-SIX

You have the power of life — the one almighty, all-present, unconditional, non-resistive power of life throughout your world and universe.

You have the power to bring the fullness of life to every single person who walks into your consciousness.

That power, which constitutes its own evidence, which *is* its own evidence, is *God consciousness* (but remember what that means, as clarified throughout these pages).

From the moment we know this truth, we must accept and adopt the spiritual responsibility of *being it.*

Let us accept that responsibility from this moment on. Let us constantly be about the Father's business.

Let us never again pass by without actively knowing and being the truth of all, of limitlessly giving to and serving all in every way.

LESSON FIFTY-SEVEN

Not one individual with the consciousness of the power of universal life could hold it in, hold it back; could keep from constantly, freely giving it and serving it to the world.

Not one of us, from the minute we have sufficiently awakened to the fact that we are and have the one almighty power of life, could pass by even one of our brothers and sisters without freely giving the gift of true and immediately evident life.

How could we possess an infinity of the greatest gifts of heaven and earth (which each and every one of us does), *knowing* that they are ours to give, yet not be about the business of giving them?

"I must be [it is my responsibility to be] about my Father's business."

LESSON
FIFTY-EIGHT

You are and have the *power of* harmony and peace, and the *power to witness* harmony and peace, here and now, as *all* in your consciousness.

We cannot "pass by" from the minute we know this truth.

We cannot ignore the truth we know by keeping it locked inside a personal or even selfish sense of self, or under the guise of not yet knowing truth "sufficiently." Only a personal sense of self can believe in "insufficient" truth. The minute God-self is realized by even one degree, then of course all God power, presence, form and visibility is known to be God's, not "ours," and is, therefore, limitless, omnipresent and unconditional in individual experience *for its giving to and serving of all equally in our worlds.*

LESSON
FIFTY-NINE

Let us hear this clearly, and take heed.

It is only as we have risen to realize what "God consciousness" actually is and means in experience, and only as we then realize our spiritual responsibility and exercise it (constantly be about the Father's business of *being the god* of our worlds) that we finally break free of the parenthesis of human-hood, of "this world," of the entire pairs of opposites; and find ourselves in limitlessness, in the mind, body and universe of love, grace; in the heavenly state of existence in which all is God.

We cannot break free of the "parenthesis in eternity" until *we ourselves are being the freedom of it.*

We cannot break free of it while we are still in it, while we still believe it and involve ourselves in battles with it, trying to avoid it or heal it, trying to gain its good and be rid of its bad.

If we are "battling" (attempting to avoid or pacify or heal or harmonize or free ourselves of) disease or injury, lack or limitation, discord or unhappiness *at its own level,* we are still firmly in and of the parenthesis in eternity — the pairs of opposites, "this world"; and we cannot get out. We've unwittingly imprisoned ourselves and thrown out the key.

Luckily, the key that locked us in is not the same key that gets us out.

Do not look for the truth key, the key that frees you (heals, prospers, harmonizes you) among humanity, in or for the mental mind, in or for the physical body, in or for the material world. "Not by might, nor by power, but by my spirit, says the Lord of hosts [says the truth of objectivity, the truth of experience]."

We cannot break free of the eternal round of humanity unless and until we are being the freedom of it and for it. In other words, it is only as we take up our spiritual responsibility and be the god of our worlds that we discover ourselves free of falsity and limit, and in the place gods exist, the heavenly place, the Garden of Eden, paradise.

We must *be it* to experience it; *be* freedom to experience freedom; *be a god as and for all* to experience God as all.

LESSON
SIXTY

How can we be busy getting on with the Father's business when we are already busy with family, friends, work or business, and other commitments in our lives?

The miracle of truth is this. God is all, already and forever finished and perfect being, mind, body, form, condition, activity, place, amount.

Because God is all, and because *God itself constitutes* all the good that good is — all the visible, tangible, here and now good of all in our consciousness — all we have to do is *seek God itself;* all we have to do is commune with God; all we have to do is stay attentive to, stay abiding in, God to *witness* God, good, fulfillment — health, love, abundance; food, clothing, home, safety — as and for all in our consciousness.

God — God consciousness, God presence happening as us (as we abide in God and God in us) — *constitutes* all visible fulfillment of our objective experience, of our world.

Again, God, God consciousness, *constitutes* all here-now, visible good form -- good person, good mind, healthy, vital, youthful body; fed, clothed, housed individuals, families, multitudes; our harmonious, peaceful, fulfilled world.

Therefore, the miracle of being about the Father's business is that all we have to do is *stay in God* (not slip out into humanity, physicality or materiality; not be interested in or attentive to the human, physical or material, to thing and condition, to that which seems to be); be interested in and attentive to God itself to *see* and to *have* the visible and tangible form of "all the rest."

Our one-pointed God consciousness opens our eyes to the infinite variety of truthfully sensed allness.

In other words, one with God is a majority.

One with God is *the* majority.

One with God reveals the good that all actually is.

LESSON
SIXTY-ONE

Being one with God does not mean that there is a "you" filled with the awareness of "God". It means *God consciously being the existence you are in the absence of "you".*

It means that we know that *God is conscious here,* not "we ourselves"; and that we *yield to God being conscious as "our" consciousness.*

"I live, yet not I, Christ lives in me [as the sun lives in the sunbeam]."

The sun lives as its universal self; the sun is *able* to live as its universal self because the sunbeam offers no resistance — has no thoughts of its own, does not have an opinion, a perception of what "is" or what is "not"; does not judge, does not attempt to create or maintain its own life, happiness, success; does not attempt to earn or even evidence its own supply for its own endeavor; does not have its own body, family, friend, student, house, town, country, world.

"I live, yet not I. . . ." Not one single breath or cell or aspect of the awareness of "I" is "mine". *Only God is.*

The Miracle Self has given us the same truth stated as, *Where you are absent, God is present.*

Only God is. Oh, if only the students of the world would truly, deeply, consistently meditate with this one statement (this statement of oneness), freedom and the treasures of heaven and earth (heaven as earth) would so quickly be theirs!

Only God is. Think, think!

What do you think of when you think "I, me, mine"; when you observe a person, an object, a place; when an amount or a condition presents itself to you; when a sound or fragrance fills your senses; when a suggestion of a good or bad person or circumstance presents itself to you?

If there is still a smidgen of God "and" living in us — still a belief in "person, thing or condition" as being entities, realities, separate and different from God instead of the very full and complete presence of God — then the personal self is still living in us, not God.

God consciousness *is, sees* and *has* only *itself* — God appearing to be, through objective sense, "person, thing and condition." But there is no actual "person, thing and condition" separate from each other and God, different from each other and God, isolated entities in and among the infinite.

Only God is.

And because God is *omnipresent* (better stated, God is omnipre*sence,* so that any and every presence is known and accepted as omnipresent God) all is the all-ness of God — good, love, joy, wholeness, fulfillment.

"I am come that ye might have life, and that ye might have it more abundantly." John 10:10

> Hitherto have ye asked [been aware of, sought] nothing in my name [in true God consciousness, in oneness consciousness, in omnipresence consciousness]: ask, and ye shall receive, that your joy may be full. . . . that they might have my joy fulfilled in themselves. John 16:24; 17:13

LESSON SIXTY-TWO

Today, and of course, eternally, live with the vital awareness of *God being conscious here,* not "you"; that *everything you are conscious of is God* — not "in potential," not "ultimately," not "in reality," not buried deep "within," not "ethereally" or "spiritually" or "in truth," but *is . . . is . . . is.*

God *is;* God *is* the *only is.* If anything whatsoever *is,* it is God. There is nothing "inner" or "outer," as thought or as form, as sight, hearing, taste, touch or smell that is not God. *Only God is.*

"I live, yet not I, Christ lives in me . . . I do not frustrate the grace of God: for if righteousness comes by means of the law, then [Jesus the] Christ died in vain." Galatians 2:20-21

I do not [I will make sure I do not] frustrate the grace of God by dividing my awareness, by accepting *anything* I am conscious of as being different and separate from God; as being God "within" or "in truth" or "in reality" but not "without," not palpably here and now, not "inside and outside; in short, not *all-of-all* without exception."

> for if [it is believed that] righteousness [the glory, clarity, one reality, visibility of truth] comes by means of the law [by means of humanity, mind, body, matter], then [Jesus the] Christ died in vain [the message of truth, of God-being-*all,* has not been heard; and the ceaseless, selfless devotion, demonstration and teaching of the Master has been in vain].

Take *only-God-is* ever — hourly — more deeply into meditation to the point of realization.

Only *realized* truth is *evident* truth.

Realization *is* evidence, *is* visibility, *is* reality revealed.

LESSON SIXTY-THREE

> Thy word is true from the beginning [is the one true essence, principle, presence and form of all]: and every one of thy righteous judgments [true God awareness or consciousness; true image and likeness of God as all; God cause being God effect] endures for ever. Psalm 119:160

Only God is.

God is infinite; therefore God is the only being, mind, body, thing and condition.

Think deeply about this. God is *infinite;* therefore nothing, nothing, *nothing* "else" exists.

Isn't it fascinating how the intellect accepts this, yet, in parallel, accepts "another"? How can God be *infinite,* yet there also be another? It cannot be. God is infinite; God is *the infinite;* infinity *is God.* God is *the only* . . . the *only, only, only!*

And God is *one;* therefore there is only one law, and it is not only self-operative, but *is itself* the only formation, the only presence, the only substance, the only activity, the only consciousness.

There are no other laws. "Otherness," in the infinity of *one,* is nonsensical to believe and entertain.

Only God is law; only oneness is law; only good is law.

Wash all "otherness" out of you by deeply and consistently pondering God as infinity, God as one, God as the one law, there being no other law operating anywhere at any time under any circumstance whatsoever.

How could the infinity of one be subject to location, time or circumstance? There aren't any. Only God is, only one is, only one law is.

One

One law

One law of mind

One law of body

One law of world

One law of thing, condition, place, amount.

Do not attempt to *relate* the one law *to* any person, thing or condition — to anything you can define. If we attempt that, what have we just done? Stepped out of oneness, therefore out of the one law. We've left ourselves bare and exposed to the chaos of every believed law, and now we're in trouble. The only way to deal with or try to manage the chaos of believed law (the countless laws of opposites; of both good and bad mind, body and world) is by using the laws of believed good to overcome or correct or heal the laws of believed bad; to replace one belief with another, better belief.

Has all this anything to do with God? No. The actual presence and experience of God is nowhere to found in us as long as we are out of conscious oneness and continue looking to and reaching for outer help from person, pill or procedure, from effort or opportunity.

Forever stay in *oneness,* in conscious awareness of the *one law,* one God; one self-sustained finished kingdom ("My kingdom"); one self-operative, self-complete, self-formed, self-alive, self-visible, self-fulfilled law.

LESSON
SIXTY-FOUR

* * *

Only *God is;* only *God is law.*

In God consciousness, the world does not have its own laws.

There is not one single law of this world in itself, good or bad.

There is not one single law of mental mind in itself, good or bad.

There is not one single law of a physical body in itself, good or bad.

There is not one single law of matter, or amount, or condition, or place, or time, or space, or cause, or effect in itself, good or bad.

Only God is.

"The Lord is our judge [our consciousness, our awareness], the Lord is our lawgiver [the one law, one power, one omni-God-active form], the Lord is our king; he will save us." Isaiah 33:22

If only God is, what is the only thing to think about? What is the only thing to be aware of? What is the only visibility, the only palpability, the only reality, the only form? Who is the only person? What is the only mind? What is the only body? What is the only cause? God.

If God is the only cause, God is the only *effect.* Therefore, we have nothing to meet, nothing to take thought for, nothing to desire, nothing to suffer, nothing to correct or heal. If it seems as if we do, or are, it is false, with no law to sustain it in our experience *as long as we are not being the believed law of it.*

The minute we *truly turn to God and stay there,* all falsity evaporates because it isn't an entity with a law to sustain it. It is nothing — nothing but accepted belief, which quickly evaporates in the presence of God (in God consciousness, *oneness* consciousness).

LESSON SIXTY-FIVE

Only God is.

But you see, "If you wish to worship God, you must worship him *in spirit and in truth.*" This is the same statement as our *only God is.* Well, if only God is we must recognize and rely on *God itself as itself, as all of all.*

By recognizing, and living with *only God is,* and in knowing that God is spirit and truth, we *are* worshiping God, loving God, devoted to God instead of accepting humanity and this world as it seems to be.

"If I bear witness of myself, my witness is not true."

John 5:31

If we bear witness to a human being, a thing, a condition, our witness is not true and, therefore, cannot "react" to us, cannot *reveal itself* as its true image and likeness.

Everything in My Universe is “shy,” or “jealous.” We have to be faithful.

We have to love God with everything we are and have, with every sense at every moment.

“God is a jealous God.” Exodus 34:14

“Hitherto have you asked nothing in my name: ask, and ye shall receive, that your joy may be full.” John 16:24

LESSON
SIXTY-SIX

Only God is; the *name* of God is the *only name.*

If you saw me walking along the street, and you called out "Peter" or "Simon" or "Mary," I would not react. I *could* not react, because your calling out a name that isn't mine has no reaction in me. Nothing stirs in me. I do not hear it.

But the second you call out "Paul," I hear, I react. I *can* now react. You have called in my name.

The same is true of My Universe, My Kingdom, and all it constitutes.

All is God, *only* God is.

Unless we call in *its name,* it doesn't hear us. It cannot react. We are strangers to it. It can only react as we are its friend, its lover, when we know and call out its true name.

In Scripture we hear it stated as "a jealous God."

"I the Lord thy God am a jealous God. . . . thou shalt worship no other god: for the Lord, whose name is Jealous, is a jealous God: lest thou make a covenant with the inhabitants of the land, and they go a whoring after their gods, and do sacrifice unto their gods. . . . Joshua said unto the people, Ye cannot serve [use] the Lord: for he is an holy God; he is a jealous God [all principle is "jealous"; principle can never be used for non-principled effect; principle can only be adhered to]; he will not forgive your transgressions nor your sins [your unwitting non-God, belief, divided consciousness existence]." Exodus 25:5; 34:14-15; Joshua 24:19

The Master takes pains to explain the secret of oneness to us. Six times in the Gospel of John alone, he gives it to us:

"Whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son." John 14:13

"If ye shall ask any thing in my name, I will do it." John 14:14

"The Comforter, which is the Holy Ghost, whom the Father will send [will reveal] in my name [when my name is sought], he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you [in other words, every promise of truth]." John 14:26

"Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he will give it you." John 15:16

"And in that day ye shall ask me nothing [in the day of your true realization that all is God, you no longer need instruction or further understanding; you no longer need truth books or classes]. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you. [From this point onward, you go straight to the Father, rather than through teacher, class or book]." John 16:23

"Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full." John 16:24

LESSON
SIXTY-SEVEN

Only God is.

Only God is law.

Our work from this day onward is to literally live in the consciousness of, and to one hundred percent rely on, *God itself alone as being the one reality of fully manifested, demonstrated, visible, tangible good.*

This is what I ask you to hear, and to live by, from this day. The whole of existence — all that God, good, is and has, and all the ways of good; the one law of good, the one form and visibility of good — exists within, and as, your consciousness.

It is time to take this truth literally. But let us understand what this means.

We will no longer look for *anything* of God, anything of good, whatsoever, from *outside* of us.

We will no longer look for or to person, pill, procedure, amount, opportunity, place, condition, activity.

We will no longer use the mind to concoct ideas of good, and how to get them.

We will no longer think in terms of, or desire, any object of good, amount of sufficiency, person of love, family of harmony, activity of gain, place of fulfillment.

We will no longer think or act in terms of "mine" versus "another's."

We will no longer believe in and attempt to get or gain anything whatsoever, in itself, from the outer, from the world, from professional or expert, from friend or contact.

We will no longer attempt to "use" our advantage in the world, or our strength or reputation.

We will not even reach for a simple pill to relieve our pain believing that it of itself has power to pacify or heal, that it of itself is a "good law" able to nullify a "bad law."

Live by God alone as the one, literal, real existence — the real existence that is more real, palpable, visible, accessible and effective than any physical or material "reality."

God — the one literal, fully demonstrated, manifested, visible reality — is "closer than breathing, nearer than hands and feet."

This being literally true, why take a breath before having our visible, tangible good?

We are and have all good — infinite, unconditional good — now.

Why move a hand or a foot before having our good?

We are and have all good — infinite, unconditional good — now.

"Not by might, nor by power, but by my spirit, says the Lord of hosts."

LESSON
SIXTY-EIGHT

Only God is, and God is silence.

Only silence is.

Only silence is God evident, law evident, true image and likeness evident.

It must be realized that only in our utter silence, our absence of self, our giving of our whole being and its universe over to God, is God visible and real (to our sense) *as* self and universe.

Only God is; therefore only God *can.*

Each day, we must devote time (3, 4 hours minimum) to letting God *be* what *only God is* as us and our universe.

Only God itself is visible as God itself, as all. God is its own evidence.

Nothing, nothing but God itself is evident God, good

— nothing, nothing, nothing.

“Not by might, nor by power, but by my spirit says the Lord of hosts. Zechariah 4:6

“It is the spirit that quickens; the flesh profits nothing.” John 6:63

“The entrance of thy words gives light; it gives understanding unto the simple.” Psalm 119:130

It is only as we devote ourselves to sitting with God, listening to God, being open and receptive to God, giving our whole beings to God as God for God, that we experience the true universe . . . that being full of good, oneness and omnipresence.

LESSON SIXTY-NINE

"I have food to eat that ye know not of." It is right here in my lap — an infinity of the best, freshest, most delicious, most satisfying food, that I've had to take no thought for whatsoever.

But if you're looking materially you cannot see it, nor can you eat of it; nor can you feed anyone else with it, which is the worst aspect of material sense.

If we ourselves have insufficient food today, we can probably suffer it to be so. But if our brothers and sisters have to starve because of our inability to feed them with the true, everlasting food, shame on us who are experienced in truth, yet lacking the one discipline and devotion to *let God be the life and presence of us* for a sufficient number of hours every day, which *is itself* the food, is itself the life, is itself the light and form and visibility of every freedom and fulfillment.

Silence is not being about our business while keeping our minds on God.

Silence is not even being about our business while feeling the *presence* of God.

These are good, true and necessary. But the only state in which God is visible and tangible to sense is when *God itself is being* the visibility and tangibility "for us"; when "we" have emptied ourselves out and given ourselves over to that which we truly are: God; when we become the puppet and let God be the puppeteer; when we of our own selves are nothing (when we have stopped, for this hour, trying to *be* something, *know* something, and witness something that we're hoping will evidence God. It will not; it cannot), and we let God be everything.

LESSON
SEVENTY

Let God be everything.

If God is everything (which God is) and we are consciously, actively letting God be everything we are and have, what else is there for *us* to be, or to evidence? What else is there for us to do for another?

Oh, our branches fill with the best fruits as we let God be everything; and we *give of* and *serve with* those fruits, abundantly — abundantly. But "we" are out of the equation as any kind of cause or effect, as any kind of personal entity or achiever.

God is all; we of our selves are nothing. So let God be all as and "through" your silence.

LESSON
SEVENTY-ONE

Silence . . . just sitting with God, listening to everything God is and has, like sitting on a mountain top with God, or sitting, "God and I," on the beach or in the forest, listening to the wonders, the miracles, the wisdoms, the *love* that God is and has as us, listening to and being shown the treasures of heaven, the pathways of Paradise — this is the miracle of life.

Then we discover that that miracle turns up here, there and everywhere, inside and outside, *looking like* everything we can describe as being very good throughout our universe; all the life, all the love, all the food, all the home, all the clothes, all the safety and security, all the happiness of being, and fulfillment of purpose — not only for "us" (there is not very much of "us" left, even though "we," like the branch of the vine, find ourselves filled with fruit), but of all and for all our brothers and sisters who touch our consciousness.

"To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth hears my voice." John 18:37

Let us, each and every one, fulfill our cause, our reason for being, and devote the rest of time to bearing witness unto the truth.

In this way and this way alone, are we the freedom of spirit, therefore the freedom from the eternal round of human parenthesis.

Finally, we are free in God as a god, and therefore are the freedom of all in our universe.

My Universe has been attained; My Kingdom is now visible, real, tangible; and all is very good, very purposeful, very God.

SPIRITUAL HEALING *of the* MIND *and* BODY

Spiritual healing is real and practical, accessible by every person on earth. It is painless and without procedure; quick and powerful; frequently instant. Yet the law of spiritual healing—first given to the world around 460 BC by Gautama the Buddha, then around 2000 years ago by Jesus the Christ—is understood and practiced by only a handful of illumined individuals of each generation. The few who have it today freely and unconditionally give the gift of health and wholeness to all who come to them for help.

The great truth of humanity's spiritual identity and of the spiritual actuality of the mind and body exists—fully real and practical—in every individual. Yet, to most, it, like a hidden treasure, lies unknown within. From the moment an individual awakens to even a measure of spiritual light, the treasure of life is "released" and begins to flow into tangible form, quickly healing the body. "I am come that ye may have life, and have it more abundantly."

This profound truth has been given to the world by the prophets and mystics of every age, but the world has not been ready to receive it. Today it is. Global consciousness is more spiritually open and receptive than it has ever been. Individuals today who are sufficiently receptive to spiritual reality can find and release the truth of life from deep within, and in that way witness their freedom from illness and disease.

In this book, mystic Paul F. Gorman gives us the profound healing truth with a new clarity and simplicity from which all who have a "heart to perceive, and ears to hear" can evidence transformed health and vitality.

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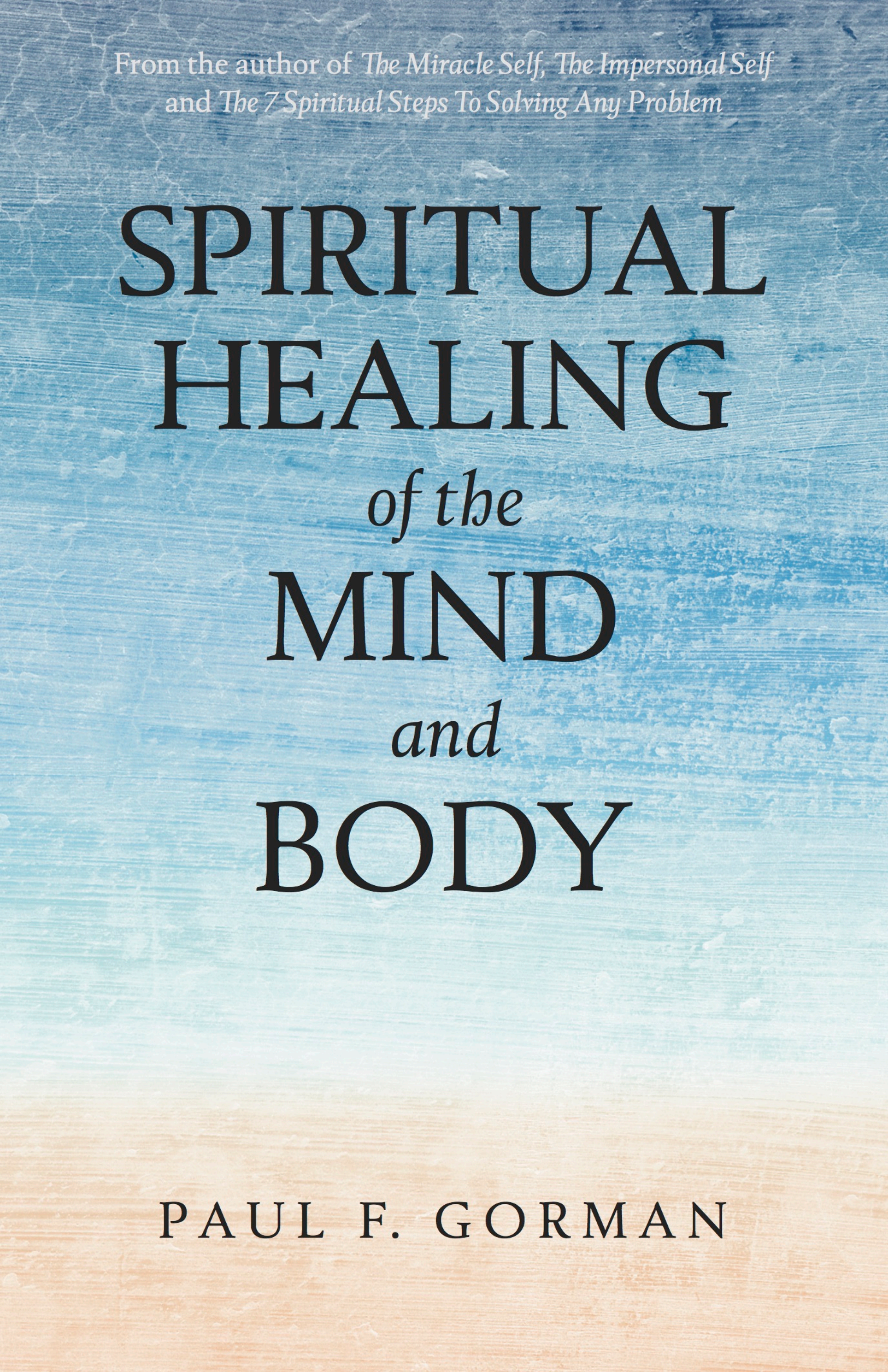

From the author of *The Miracle Self, The Impersonal Self*
and *The 7 Spiritual Steps To Solving Any Problem*

SPIRITUAL HEALING *of the* MIND *and* BODY

PAUL F. GORMAN

SPIRITUAL HEALING OF THE MIND AND BODY

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With deep gratitude for your loving, devoted
and invaluable work on this, and every text.

Rise in conscious awareness—this is the entire secret.

As conscious awareness rises, detaching from and
leaving behind false belief, ever greater degrees of heaven
become visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality. The bondage of false, material sense is dispelled,
and the unconditioned experience of man, earth and
universe is experienced harmonious, peaceful and free, in love.

Paul F. Gorman

Other Books by Paul F. Gorman

The Miracle Self

The Giving Self

The Impersonal Self

The Way of Awakening

Satisfied with God Alone

The 7 Spiritual Steps To Solving Any Problem

Opening The Windows of Heaven

The Fully Manifest Self

Only God Is

That Which You Seek

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One

SPIRITUAL BEING

The deep truth of being, body and world has been taught and demonstrated for over 4000 years. The few of each generation who can hear it get up and walk free on earth and beyond, but the majority cannot hear, and remain in the prison of belief.

Truth has been given to humanity by the greatest illumined beings who have walked the earth including Gautama the Buddha, Jesus the Christ, Nanak, Mohammed, Shankara, Lao Tzu, Rumi, Fakhruddin 'Iraqi, Maimonides, St. Francis, Brother Lawrence, Meister Eckhart, Jacob Boehme and many others, to the more contemporary mystics and their teachings, particularly Mary Baker Eddy's *Christian Science,* Joel S. Goldsmith's *Infinite Way,* and today's *Miracle Self.*

That truth is this: life (mind, body and universe) is *principle*—the great principle itself. As principle it is as clearly demonstrable as any principle is when *it itself* is realized and lived. We cannot expect principle to adjust itself for our benefit (can you imagine the chaos of such an arrangement?); rather we must discover and adhere to *it* if we wish to benefit by it. When and as, and by the degree we do, we have the boundless freedom of that principle for the benefit of not only ourselves but the world.

In this very way, the principle of truth—God, spirit—must first be discovered and adhered to. The way is "straight and narrow" as is the way of any principle. The truth of being is wonderfully clear and succinct, yet if we veer off its definite path we lose it. It is only as we stay in truth that we *have* the infinity and omnipresence of God throughout our experience—just as we have the infinity and omnipresence of math as we stay in the principle of math.

"Where the spirit of the Lord is [where the principle of truth is as individual being], there is liberty"—where the presence of true spiritual consciousness is, there is harmony, health, plenty, freedom and peace.

Only the very few throughout history have caught and were able to demonstrate the great truth that man is a spiritual being living in a spiritual universe, not a physical being living in a material universe. Still today, only the very few truly awaken and live the life of spiritual harmony, freedom and purpose in all their ways. Why? Because the straight and narrow way of the great truth principle has not been understood. Those who have understood and adhered to truth have what is termed the "healing consciousness." Their selfless works benefit many thousands or tens of thousands of people searching for healing and then ongoing health, wholeness and vitality of body.

As spiritual being, every person is infinite, eternal, divine being, forever free in truth, perfect and purposeful in the one presence: God. But because truth is unknown and mostly unwanted by the masses, and still misunderstood by even most on the "spiritual path" today, the world has long suffered illness, disease, injury, poverty, starvation, prejudice and injustice along with an inability to heal or be healed spiritually. Yet health, wholeness and vitality of body; plus safety, security, abundance, union and justice; and the healing of any and every mental, bodily and world discord; and then (as the individual and collective race lift into a greater living awareness of truthful, spiritual identity) even the avoidance of all human disease and suffering are—to the spiritually illumined—as natural as the living of any principle.

It is time to be clear about what healing is. Today, collective spiritual awareness has risen and significantly expanded to the height and receptivity that enables truth to not only be heard but accepted and received. This significant acceptance and receptivity enables individuals who are seeking truth to finally rest from the multitude of false beliefs about God, being, body and world, open their awareness to God itself, and experience the health, harmony, abundance and peace of truthful living. In this spiritually rested and receptive state the body heals naturally. But we must understand what the body actually is before spiritual healing can be experienced, first individually and then collectively.

HEALING IS NOT WHAT IT IS BELIEVED TO BE

Spiritually healing the body of any illness, disease, injury, dysfunction or deterioration is not what it seems to be, nor does it take place "where" the problem seems to be. The misunderstanding about what the body is, and what the multiple problems are that sooner or later affect it, are the major reasons so many spiritual students fail to heal. Much false belief about the body and its healing must be dissolved before the experience can be yours—and that of others who will soon come to you for the experience.

Be prepared for all false belief to be dissolved in you by opening yourself to receive the healing message contained in these pages. Don't question the message, but simply trust, accept and receive it (as you can any true spiritual message), and let it take root and blossom in the silence of your being.

I will assume you are not a "beginner" on the spiritual path. We are to immediately discover the mystical (yet one hundred percent practical) truth of the body and the "image and likeness" of the one body as what we call the human body. Keep constantly in mind what you are about to discover. This is certainly not truth a "beginner" can receive and understand, but a spiritually receptive individual certainly can and must. You are to hear the spiritual—Christ and Buddha—secret of healing and sustained health, wholeness, vitality and purpose of body.

Please make sure you are rested and still, spacious and receptive as you absorb the message. Expel or ignore or forget about all collective belief about God, spirit and truth, and about being, body and world. This is important. Everything we have known of God, if it isn't perfectly and tangibly evident and demonstrable in experience, is nothing more than accepted false belief. That is shocking to hear for many, but it is true. As soon as God is actually known and tangibly experienced, all formation is witnessed as that *of* God because God and formation are one. "I and the Father are one." God is fully evident, fully manifested, fully tangible and visible, fully demonstrated right here as the *truth*—the good, harmony, completeness and peace—of experience (formation).

So let us realize always that if truth is not *evident,* it is not because truth is not present. God, truth, is everywhere and equally fully present, fully manifested and demonstrated, visible and tangible. More than fully present, God *is,* and besides that one *is,* there is none else. *All* is God, period. Therefore, all is the omnipresence of God. If truth is not evident, the only reason is that we have not yet lifted high enough in the *awareness* of God-as-all to see it, to experience it as all formation. We have not yet lifted out of the belief of truth, to truth itself. Make no mistake that when truth itself is lived, it is fully and perfectly evident as the tangibility of everyday life in all formation and all ways.

Drop and forget all the ideas you have about the body—all the collective belief and concept you have about what the body is and what it is not. Also drop every belief you have about God—about what God is and what God is not. It is only when we are empty of the personal self and all it believes it knows about God and the body that we are open and receptive to experience the freedom of truth itself. Only when we have sufficiently emptied ourselves of "our self" are we open and ready for truth itself to take root and become evident as the very life-form we experience as "us," "our body" and "our world."

THE PHYSICAL BODY SENSE

The body believed to be "human" and "physical"—believed to exist as an entity and reality in and of its own self—is one hundred percent illusory or false sense. Hear that deeply: the experience of the physical body, the idea of body, the belief in and of the physical body we experience and name "human" is illusory sense. We have a corporeal *sense* of that which is entirely incorporeal—that which is one hundred percent God or spirit. Therefore, all the effort we make towards its health and healing, its beauty, its vitality, its use and its purpose is equally one hundred percent false or illusory.

You would do well to make an indelible note of this. That "one hundred percent" is most important to realize. We have to, from this hour, drop the whole idea of what body is. We also have to be willing to drop our pampering of the body, and the methods we have been using to maintain its health, vitality, youthfulness and beauty. The *truth* of the body is entirely different from the *belief* we have had of it, therefore the experience of the body we have lived with until now—both its health, strength and vitality *and* its ill-health, pain and suffering.

As truth rises in awareness and we begin to awaken and live by the experience of God instead of humanity and physicality as our reality, we experience the form of God as a healthy, strong and vital body. The body becomes free of all false (non-God) experience. It heals of its illness, disease, injury and degeneration and becomes immune to future problems, or quickly able to witness any problem, no matter how "serious," as being the nothingness it is in truth.

Two

ONLY GOD IS

Let us begin to understand that *only God is*. We have heard this a thousand times throughout the *Miracle Self* and of course another thousand times throughout each of the teachings of Joel S. Goldsmith and Mary Baker Eddy. Centuries before these, we heard it from Jesus, Gautama, Shankara, Lao Tzu, Meister Eckhart and many others. Only God is and besides God "there is none other."

God is oneness: the one infinitude and omnipresence of spirit—goodness and wholeness without opposite. The whole macro is present as every micro experience; the whole of God—which is the only—is present at, and as, every point of itself simultaneously. Therefore, wherever your awareness is, whatever you are observing and whatever the form observed, there is the whole of God as the experience, and the awareness you are aware with.

God is one and is not, nor ever can be, partial or fragmented, separated from the whole. It is impossible to have only a part of God, a fragment, a portion (like a portion of cake). Is it possible to have a separate, singular entity among an infinity of other separate, singular entities? No! God is one and forever whole. God is the infinite and omnipresent oneness of all, and in the infinitude and omnipresence of oneness there cannot be anything "else." Indeed there is not. Only *God is;* only *oneness is.*

Everything of the infinitude is that oneness and the whole of that oneness existing fully as each place of awareness, each moment of awareness, and each object of that place and moment. Anywhere you go in the whole of the infinitude, there you find the whole of oneness, the whole of God. The whole of the infinitude exists right here as you and as that which you are observing or experiencing. Therefore, keep in mind that only God is, that there is nothing else but God, spirit and truth, I, consciousness, incorporeality—whatever you wish to name it. Only *that* is, only *God* is, only *oneness* is. Nothing else is or ever can be. Therefore, all of the infinitude is that one and one*ness* and nothing else.

The *whole* is present at every point of itself simultaneously. Nothing "else" is present anywhere in the entirety of the infinitude because only the infinitude of *one* is. There is nothing different, nothing less, nothing separate from the whole, the oneness, the omnipresence of God—spirit and truth *being* the whole of itself as you, me, all. Take this literally: the whole of God, the whole of omnipresence, the whole of the infinitude is present at every point of itself at the same time and is the *only*.

Keep *oneness* in mind. God—the infinitude, omnipresence, spirit, being, mind, body, world and universe and everything everywhere of it—is *oneness,* not separateness. Oneness is not divided into unfathomable separateness, each "part" separate and finite, a separate and loose entity which is "part" of the one, collective whole. No, oneness cannot have and does not have (even as temporal or momentary experience) a collective group of beings, bodies and objects. Oneness exists as—and only and wholly as—the entirety of itself, at every point of itself at the same time. Therefore, you are that oneness, I am that oneness, and all is that oneness. There is none else but pure and entire oneness to be or to have.

Oneness . . . oneness. Only oneness is. Because only oneness is, there is only one body. Oneness does not have an infinite number of "separate" bodies, all finite, all consisting of a "part" of the infinite, all separate entities living in a large universe of other separate and different entities. Oneness does not even have two bodies. Oneness has just one body, and that one body is the infinitude of *consciousness* with no matter in it whatsoever, no mentality, no physicality, no objectivity and no locality.

Let us hear it again: the whole of the infinite exists at every point of itself at the same time. Therefore, the one body exists at every point of the infinite at the same time. In fact, *the one body is the infinite existing at and as every point of itself simultaneously—that one being consciousness itself.*

Only consciousness is; only oneness is.

Only oneness is body, *the one body of consciousness.*

God is all; therefore, G*od* is the body, the one body of omnipresent one*ness*—not "bodies," not plural. Forget the idea of plural "bodies" for this moment. Forget any "number" apart from one. God is one and oneness, not a myriad, divided "number" of itself. God is one, God is oneness, and because God is *all,* only one is, only oneness is, that one being *consciousness.*

WHAT IS GOD? WHAT IS THE BODY?

What is the truth of being and body, the truth we call God? What is the closest we can come to understanding what God is, therefore what all is, therefore what being-body-universe is?

Before we can understand this, we have to lift out of the idea of a "local" body, a "personal" body, a "physical" body, "your" body versus "mine," versus all the other, personal, locally-existing bodies populating the universe and world—not only the human body but every animal, insect, plant, flower and fruit body; every "he, she or it" body, whether animate or inanimate; every planet and sun body. Forget these accepted beliefs about the body of any form. They are all beliefs and the concepts about those beliefs. None of them is truth because only God itself is truth.

In truth, all embodied experience (every being, body and thing, everywhere) is perfect, good, true and free—and evidenced as being so—when we stop believing appearance to be something in and of its own self; when we understand the truth of God being the only, therefore the truth of being, body and world as being *God, one* and *omnipresent.*

So for this moment, keep your awareness in the *is* of God alone being all. *Only God is,* and God is *one,* which means that *only oneness is.* Oneness is God—the infinity and omnipresence of being, mind, body and universe. Infinite and omnipresent *oneness* is the only existence, the only presence. You can understand, therefore, that infinite and omnipresent *oneness* is the only body there can be, and indeed is. *Infinite and omnipresent oneness is what God is, therefore what the body is.*

The next question is, what is God, what is oneness? If we understand this, we quickly understand the body. God is *consciousness.* Therefore, consciousness is the one and the only existence and the one and only formation of existence. As the one and only, consciousness is the one and only *body.* There is no "other" type or version of body. Consciousness is the only; therefore, consciousness is the only body. Your body is consciousness. Your experience of body is an experience of consciousness. Your body is not what you have thought it is: physical, fleshly, finite, local, a body of organs and functions; height and weight, size and girth; born, growing, maturing then aging, deteriorating and finally dying, with many pleasurable, fun, creative and fulfilling experiences along the way and many not so pleasurable or creative—many suffering, painful, ill and maybe diseased experiences along the way. Most importantly, your body is not you, and you are not your body.

Body is consciousness and consciousness lives eternally, in perfect and harmonious oneness. Let us hear again: *only God is.* God is one; therefore, only *one is.* And God—oneness—is *consciousness.* Consciousness is *the one and only existence.* Consciousness is *the* oneness, *the* infinity, *the* omnipresence, *the* spirit and truth—*the* incorporeal, infinite, omnipresent one body. In consciousness, in God, in one and oneness, in infinity and omnipresence, in incorporeality, there is no shape, no form, no object, no amount, no age, no num-

nipresence. Your body is the body of the entire universe you are conscious of, and everything everywhere in it and of it.

DROP THE PERSONAL AND PHYSICAL SENSE OF BODY

From now forwards begin to drop the personal and physical sense of the body. You do not exist in the physical body because you are consciousness. Consciousness cannot fit into anything. Consciousness exists as the whole of itself at every point and form. Your body is in you (in your consciousness) and is just one of the infinite forms (bodies) of experience in your consciousness.

Begin to realize that the whole of consciousness is your body—the one and omnipresent body of consciousness. And because consciousness is infinite and omnipresent, it embodies everything of your universal experience—everything.

You can look right out into your world, right up into the sky and up into the universe and everything included in it and realize that everything you're observing—experiencing—is the whole of God, oneness, being everything everywhere. You're observing God, oneness, in a magnified way—the micro of oneness observed as your macro experience. Every subject and object is God, omnipresent as every form of your experience. It doesn't matter what belief believes about the subjects and objects, amounts and activities, animate and inanimate forms being observed. The truth is that every form and detail of experience—despite what belief believes—is the whole of God because none but the whole is. Omnipresence is the only presence, no matter what is being observed—human, animal, vegetable, amount, activity, place or condition.

Forget belief and forget about believing you have to understand how mind experiences oneness as multiplicity. All that is necessary to know is that mind forms. Only God is; therefore, mind is nothing but the presence and power of God—simply experienced as a macro multiplicity of formation (our universal experience). Each and every form of experience is the whole and omnipresence of God. Everything God is and has, form also is and has. “The earth is the Lord’s, and the fullness thereof.... The earth is full of the goodness of God.” What appears to be God *and* mind *and* form are not three different conditions of being, but *one*. “I and the Father are one”—*one* omnipresence of being, not two, not separate, not different.

What you observe as every detail and moment of your experience—no matter what the subject or object of your observation is, and no matter whether it seems as if the “it” of your observation is mind, body, world or universe or any detail thereof—is the omnipresence of God, consciousness, oneness. It is a facet or aspect of your one body of being because God, consciousness, oneness is the only body, the one body—the one embodiment of being (which includes everything of the macro of experience). *Everything* about you is your macro experience of oneness, God, consciousness. That *everything* (consciousness) is your true body.

In other words, the whole universe is your body, the whole world and every person, thing and place in it. The whole of everything everywhere is the one body of consciousness. But the one body of consciousness is experienced at our current, “human” degree of awareness as seemingly multitudinous, separate and different bodies, forms, names, qualities, natures, amounts, shapes, weights, colors, fragrances. Experience is illusory until its truth is known, that truth being God, consciousness, oneness. “Judge not according to the appearance.”

The first major step in spiritual healing—a very necessary step—is to realize that *consciousness* is your body. Consciousness is your one embodiment of being, body, mind and world. Consciousness is the truth of all, the body of Christ, the body of Buddha, the body of God, the body of spirit and truth, the one body of one*ness*.

Three

CONSCIOUSNESS IS BODY

There is only oneness; therefore, there is only one true body. Consciousness is that body. Anything and everything of your consciousness—your experience—is that one. There is no other.

Consciousness is my body. Everything everywhere of my experience—despite the way it appears to be, and despite the collective belief about what it is or is not—is my one body of consciousness, my all-in-all one body of being, the whole of God being every detail and moment of everything about "me."

Only God is, only consciousness is, only *oneness* is. Therefore everything of my experience is that oneness, despite the way it appears to be or act, despite what name, quality or condition it appears to consist of, and despite what belief believes it is or is not. Ignore belief; turn right away from belief! Belief is what the scriptures of the world term "the devil." All belief is false awareness or accepted false idea—the "devil," the "tempter."

You can easily see the truth of this when you examine any belief in the light of truth. For instance, belief has, since the beginning of time, believed that the body is physical, personal and local. It believes that cause and effect, time and space are real. It believes in locality, separateness, difference. It believes that human and world experience are separate and different from God. It observes the whole macro of experience and everything everywhere in it and of it, and believes it to be reality. It sees "me here" and the rest of the world "out there"—a tree, flower, fruit, a human body, an animal body, an insect body, a home, a cloud, the breeze, the sunshine, main street, the stores and the market and all the produce, product, staff and customers in the stores and market.

All of this belief believes to be separate and different, animate or inanimate, here or there, mine versus his, hers or theirs, me versus him, her or it, harmonious or disharmonious, plentiful or lacking, fair or unfair, satisfying or unsatisfying, happy or unhappy, successful or unsuccessful. Belief itself *is* the entire pairs of opposites. All belief is false. Why? *Only God is,* and God is one and one*ness,* not multiplicity, not separate, not different, not God "and" me, he, she or it, but *all God, all one,* all the *one consciousness* being all of experience.

MIND FORMS ONE INTO "MANY"

You see how mind forms oneness into an infinite variety of individual forms, bodies, shapes, colors, amounts, activities, places and conditions. Mind forms the "many members" described in 1 Corinthians 12:12—"For as the body is one, and hath many members, and all the members of that one body, being many, are one body."

Spiritual illumination (and the discernment that comes with it) lifts us into the reality of God as one and all, the all in all of experience. God—which is omnipresent oneness—is the reality, the substance, quality, character, form, amount and activity of all. The "all" of experience is the all of mind formation. But mind formation does not, and cannot, change the oneness of God as being the very presence of that "all." God is the *only is,* and nothing can change that truth, lessen it, make it separate or different.

With this truth alight in you, you see that all form *is* and *has* all that God is and has. You see that because all form is and has all that God is and has, all form is infinite, omnipresent, harmonious, whole and complete and cannot be less—not even a grain less.

God *is,* and is omnipresent *as,* every moment, subject and object of experience. The one whole is the only presence, the only substance, the only life, the only body, the only existence—the one *whole,* indivisible and inseparable from its wholeness.

All is *the whole of oneness,* therefore is the one *body,* there being no other presence, substance, life or form that body can be. *Only* God is. And because God is consciousness, it is *consciousness* that I am, have and experience as the body of me. And because consciousness is infinite and omnipresent, my body is infinity and omnipresence, not the local, finite, physical, personal and limited body I have believed it to be.

I am the infinite and omnipresent body of consciousness existing individually and purposefully as the *whole universal* experience of "me." *That* is my body.

You are the infinite and omnipresent body of consciousness existing individually and purposefully as the whole universal experience of "you." *That* is your body.

KEEP YOUR AWARENESS ONE

Keep your moment-by-moment awareness lifted into oneness, into God, into consciousness. Keep aware that consciousness *is* God, the whole one and only existence and formation. And because consciousness is omnipresent, indivisible and inseparable—forever fully existent as the whole of itself as each point and body of experience—consciousness is what my body is, what your body is, and what all bodies are.

God is, and is fully embodied as and throughout consciousness—which is my body. My body is universal, not finite and local, not separate from all "other" bodies. All bodies of experience are the one body seeming to be many.

My body is the one infinite and omnipresent body of self, the one life, the one substance, the one existence embodied, the one presence, the one form and the one activity of experience. Consciousness embodied in experience is what I am.

Let us hear it again. The whole of God is, and is fully embodied as and throughout—and is all that is in—my consciousness. We can take the "my" out: the whole of God is fully embodied as and throughout consciousness.

The only presence there is, is consciousness, God. The only life there is, is consciousness, God. And because God is indivisible and inseparable, my consciousness is the one consciousness of which I am an individual and unique expression. I am an individual expression of the whole of consciousness living its whole and perfect, purposeful and fulfilled existence as me, as I.

I am the body of consciousness; therefore, everything everywhere of my consciousness is the one embodiment of me—every person, animal, plant, insect, object, place, amount and activity; every body of space, the air filling that space, the sun and moon, the stars, the hills and mountains, the rivers and oceans, the valleys and glades.

Everything I see, hear, taste, touch and smell, and everything I can think, is all consciousness "happening" as "me."

I am awakening to the truth of being: that consciousness is the one, that consciousness is God, and that because God is all, consciousness is the one body of me.

I am awakening to the truth that I am individual and unique God-being. I am being and having an individual experience of consciousness, which means I am being and having an individual experience of the one body.

I am awakening to the truth of the one body, that being consciousness, which includes everything everywhere I experience in and as my consciousness—everything.

I am consciousness. I am the body of consciousness. My body is consciousness, all-inclusive, self-embodied and omnipresent consciousness. Whatever he, she or it is "in" your consciousness, is the presence, form and life of consciousness itself, and whatever has presented itself to you is your consciousness being aware of itself as form.

Mind is simply being your formed experience of oneness, of God. But remember—remember!—mind does not, nor can it, *change* God into something less or different. All is God; nothing other than God exists, and nothing can change God being all of itself as all of experience!

All formation is the very presence of God itself, therefore the very presence of infinity and omnipresence itself. Form is never limited or lacking except experientially when we insist on believing it is different and separate from God. Then *in experience* we have to suffer the limit or lack of our belief (because belief is experience). But when we know that all is God, we evidence and have the freedom, the infinity and omnipresence of all good form being unconditionally and immediately available to us. We are *being* the truth (infinity and omnipresence) of all form when we live the truth of consciousness being our all-in-all body of experience.

Anything at all you can name, anything at all you observe, anything at all you feel, you sense, is not "in here or out there, different and separate from you," but is you—the conscious self—experiencing as much of its infinity and omnipresence as it is *aware of,* and as much of the nature and quality of true self as it is aware of.

You experience what you "know to be true" of yourself, and I experience what I "know to be true" of myself. The more we are awake to our truthful identity and our truthful embodiment of being—that being the oneness and omnipresence of God, consciousness—the more we experience harmony, happiness, peace, life, love, abundance, purpose and satisfaction filling and animating our lives.

I AM THE BODY OF CONSCIOUSNESS

I am consciousness, and because consciousness is all, I am the body of consciousness. There is nothing about me other than consciousness. I am consciousness.

Only God is. God is one alone, and that one is consciousness. Therefore, my consciousness is God which is the entirety of me—my being, mind, body, world and universe including everything everywhere in it and of it.

There is none other than God, spirit, consciousness; therefore, there is nothing I am or my mind-body-world is but consciousness. There is nothing about any person, thing, place, activity, amount or condition other than consciousness.

My consciousness is the oneness and truth—the God—of my universe of person, thing, place, activity, amount and condition.

My consciousness is the oneness that is I, the oneness that is individual and unique me, the oneness that is earth (experience) as it is in heaven (pure consciousness).

Begin to realize that the whole of the you that you are is—from the deepest "inner" part to the farthest "outer" place—*consciousness*. Because consciousness is what God is—the one and the only ("I am the Lord, and besides me there is none other")—the you you are, including everything everywhere of you, is that one presence, substance, being, mind, body, world and universe of God. "I am that I am." All beings are that. We simply have an objective *sense* of that which is pure consciousness, a corporeal *sense* of that which is one hundred percent incorporeal.

Everything of being, including everything of experience, is not what it seems to be, but is consciousness, oneness, God. The experience of mind, body, world and universe is simply an objective sense of consciousness, oneness, God. The objective sense gives us the experience of a multiplicity of different and separate beings, substances, forms, weights, colors, amounts, categories, natures, characters, qualities and conditions. In its purity, this is a wondrous and true experience of being! It is only if or when we believe multiplicity of its own self to be real that we fall foul of that "different-and-separate-from-God" belief. There is no "he, she or it" different or separate from God. There is no form, thing, activity, amount, condition or place different or separate from God. All is God, the one, the only. All being is consciousness, all body is consciousness; all substance, material, shape, weight, activity, amount and condition is consciousness; all presence, life, nature and character is consciousness because "besides me (God, consciousness, oneness, spirit and truth) there is none else."

All the names we give to experience, all the different and varied details and categories, weights and measures, places and conditions, activities and qualities, circumstances and "facts" are nothing other than differently *sensed* experiences of the *one* and *omnipresent* experience which is God—consciousness.

Four

BODY IS NON-LOCAL

I am consciousness. The whole of my being is that of consciousness. The whole of my mind, body, world and universe is consciousness.

Because consciousness is non-local, and because I am consciousness, I am non-local. There is nothing local about me, my mind, body, world or universe.

If personal sense is believed, everything of being seems to be local. Yet all is, in fact, consciousness, therefore non-local.

God is the one, the only, and that one and only is consciousness. God is the infinite and the omnipresent—the non-local consciousness, the one reality of all; therefore I am that and all is that.

Because only God is and because God is consciousness (which is non-local), there is nothing local, nothing finite, nothing objective and nothing personal even though material belief believes there is. There is no God, no truth, whatsoever to belief. Only God is; therefore, only consciousness is, and because consciousness is infinite and omnipresent—not material, finite, locally and personally present—being, body, world and universe are non-local.

I am the infinity and omnipresence of being. My body is the infinity and omnipresence of body. There is nothing local about my being or body. Indeed, there is nothing local about anything of my entire experience—mind, body, world and universe and everything everywhere in it and of it.

God is one, therefore being and body are one. As oneness is experienced through mind, I experience a multiplicity of form because God is mind is *form. Form, therefore body, is one. All form, therefore all body, is and has all that oneness (God) has.*

I am and have the one body, the only body in existence, the body that is the one being, substance and form (God) experienced uniquely and individually as "me"—but always one, always of God, consciousness, infinity and omnipresence with nothing local about it whatsoever.

My body—being consciousness, the one omnipresence, the one life—is never separate from the whole of consciousness, never divided, never different, never sliced into portions: one being "John" over there, another being "Mary" over here, another being an animal, another an insect, another a plant, another a fruit, another a cloud, another a rain drop, another a dollar, another a blade of grass, a flower, a color or a fragrance.

No! These "different" beings and forms are simply oneness experienced as mind's multiplicity of form. Mind forms oneness into a multiplicity of experience. But mind's formation does not, and cannot, change God into something less than God is, something different, something separate, divided, finite, local and personal. God *is,* period. Nothing but God is. Therefore, you can understand that God *is* mind, and because mind forms (mind *is* formation), mind is the infinite variety of formation we call bodily, worldly and universal "experience"—but all and forever God, always the wholeness and completeness of God, consciousness, infinity and omnipresence.

In actuality, in truth, in literal and practical terms here, now and forever, only God is. God is one, God is one*ness,* God is the one and only life, the one and only substance, the one and only presence, the one and only form, the one and only body—the *one body*—that being consciousness. Therefore, you understand that body is incorporeal not corporeal, spirit not matter, God not human. Corporeality, matter and humanity are nothing but *sense* believed to be and accepted as being real.

I am consciousness, my body is consciousness—the whole omnipresence of consciousness. You are consciousness, your body is consciousness—the whole omnipresence of consciousness.

The *whole of consciousness* is your body and mine—the one truthful body. We simply have a corporeal *sense* of the incorporeal body, a material or physical *sense* of the body which is one hundred percent spirit and spiritual.

This truth is given in the statement "The earth is the Lord's, and the fullness thereof." In scripture, *the Lord* refers to *the mind.* "The earth is the Lord's" refers to form being the mind's. The *earth* is mind's formation of oneness, God, consciousness. As you realize that nothing changes or lessens God, nor can, you see that form is God, simply objectively experienced. In contemporary interpretation we have "The earth is the Lord's, and the fullness thereof" as meaning the earth is mind's form, and the fullness of mind which is the fullness of God.

Each and every form—including the form we call the "physical body"—is the omnipresence of God because nothing but the omnipresence of God exists. All is and has all that God is and has. Nothing is different from or less than the fullness of God—the infinity and omnipresence that is God.

The earth—the body—is the Lord's (mind's) and the fullness thereof. The body, being mind's formation of oneness, is itself oneness, and *has* all that oneness has. You and I experience "the body" because it is the mind's formation of individual body at what has been called the "human" degree of awareness. This is easy to understand when we catch the truth that God is mind is form. Each of the infinite degrees of mind—one of the infinite number of "mansions in my Father's house"—is, and experiences, its own formation. At its own level, and if believed to be a reality in and of its own self, any particular degree of mind is believed to be reality. In fact, all formation, despite its degree, is and has all that God is and has. The particular form or degree of form doesn't matter. What matters is knowing that all form and all degrees are actually, despite appearance, God "and the fullness thereof." And because God is consciousness which is infinite and omnipresent, all form including the body is consciousness, therefore is infinite and omnipresent.

"The earth is the Lord's and the fullness thereof" means that the earth (all formation) is one and oneness—one being, one body, one life, one substance, one presence. And because oneness (God) is consciousness, the earth, inclusive of its infinite variety of formation, is also consciousness, "and the fullness thereof." The whole of consciousness (the whole of God) is fully present, fully existent and fully formed; finished, manifested and demonstrated at and as each place of experience (consciousness) simultaneously.

ALL IS ONE

All is God—one. God is indivisible and inseparable. Therefore *all* is indivisible and inseparable. Nothing is divided, nothing is separate from anything else, nothing is different. There is just God, therefore just the indivisible and inseparable one being, one body, one substance, one life. Consciousness is that being, body, substance and life. Consciousness is who you are, what you are, what you're made of, what every grain and form of your universal experience is. Consciousness is every organ and function. The physical form you have been led to believe is your body is not the truth of body but just the *sense* of body. Consciousness is body (because consciousness is the only), and consciousness is the *whole* of your universal experience, not a finite, physical, local, personal, separate-and-different-from-all-other-bodies body.

Look as far as you can throughout your experience this minute. What do you see? When I look into my experience, I see inside the room in which I sit to write these words. I see everything in the cabana, and the walls, door and window. As I look through the window, I see our house and garden. I observe these formations and realize that they are a part or an aspect of my one body—the body of consciousness. They are not "outside" of and "separate" from me; they are "in" me—one as, and an aspect of, the one consciousness of me. The grass, trees, flowers, colors and fragrance in the garden, the birds and the bird song are also "in" me, forms of my one body—an aspect or experience of my one body.

My one true body is consciousness—infinite, omnipresent and non-local. And because there is no such thing as "unembodied" consciousness, consciousness is the totality of the embodiment of my being. That embodiment is my true body and yours.

We can observe anything, anywhere and realize that he, she or it is "in" and part of the one body of consciousness that is what we are. All is happening and is observed "in" consciousness, and is consciousness itself. And because all is consciousness, all is omnipresent God. All is the whole of God, fully existent, fully manifested and already demonstrated despite the way it appears to be to material belief. All is God; therefore, all is the whole of life, the whole of good, the whole of harmony, peace and joy, the whole of infinity. Everything everywhere throughout my universe is the omnipresence of spirit. It is all happening "in" and as my consciousness, which is my true embodiment of being (my true body).

Everything everywhere is my one body of consciousness, therefore good, therefore free, therefore life itself, peace itself. All is in harmony with everything else of my bodily experience because the only bodily experience, the only bodily object and aspect, place and condition, activity and amount, is the whole of oneness itself, and oneness (God) cannot be disharmonious with itself. All in and of oneness is oneness itself, God itself, the one life, one love, one harmony everywhere present. What could argue with what? What could be disharmonious, unloving, ill, diseased, poor or unhappy with what? There is only one "what" and it is God—the omnipresence of itself as all.

ONE CANNOT DISAGREE WITH ITSELF

One cannot disagree with itself by being disharmonious, ill, limited or lacking. One is *one, self-inclusive, all-inclusive, omnipresent form* and nothing other. The whole of oneness exists everywhere throughout infinity at the same time because infinity *is* oneness—and not only oneness but the omnipresence of oneness. Oneness *is* omnipresence; omnipresence *is* oneness. Once you have and live by the consciousness of oneness, you have all because oneness is all. There is no more to have. If you had all the good the world has in it but had not oneness you would have nothing. If you have oneness, you not only have all the good the world has in it, but infinitely more than the world has ever before seen.

To have oneness, you must realize the non-locality of truth. Good is non-local because good is God and God is non-local. God is omnipresence not local presence; God is omni-form not local form; God is incorporeal not corporeal. This understanding—along with the realization of oneness being all there is, therefore forever whole and self-complete, unable to be discordant, ill, diseased or in lack—is the key. The oneness of true (God) life, love, wealth, harmony, peace and fulfillment cannot be in disagreement or discord with itself. All is God, good itself, oneness and none other. It would require two different entities, aspects or elements of being to create a possible misalignment, disagreement, discord, illness or disharmony. But God is *one;* therefore, *all* is one and *of* oneness. Oneness cannot have illness "there" and health "here" because "there" and "here" are not two, but one and forever self-complete and perfect. What seems to be two different forms of being are actually one—the whole of God *being* all. Nothing is disharmonious, nothing is ill, nothing is over- or under-satisfied, nothing is lacking or limited, different or separate in actuality. All is God; and nothing of God—good, life, love, harmony and fulfillment—is lacking anywhere, at any time; nothing of the perfection of form is lacking, nor can it be.

the health and vitality of the physical sense of body—becoming whole, healthy and vital.

Only God is, and God is one and omnipresent; therefore, only the one body is. All the bodies in experience are simply individual experiences of the one and omnipresent body which is consciousness.

Consciousness is body, body is consciousness.

LIFT OUT OF AND BEYOND PERSONAL SENSE

The first thing we must do is lift away from, or out of and beyond, the personal and local sense of being and body. Personal and local sense (belief) is the killer—the one actual problem with anything of experience.

There is only one being, one life, one actual sense, one actual experience, one truth: God. Yet we have believed a personal, local, finite sense of our oneness, our infinity and our omnipresence. It is that *belief* in a personal, local, finite sense that causes experience and everything in and of experience to seem to consist of both good *and* bad.

Belief *is* the pairs of opposites; belief *is* good and bad; belief *is* the experience of separation and difference from God. As soon as you have a belief, you have its opposite too. Every belief has an opposite, and because belief is experience, when experience is lived full of belief instead of full of God, it is full of pairs of opposites. It is for this reason alone that human life is filled with the joy, health, love, creativity and fulfillment of good *and* the struggle, hardship, disease, poverty, pain and injustice of bad.

We collectively (humanly) believe ourselves to be personal, separate and different from God. We *believe* we are each a "me" different and separate from every other person. We *believe* we are of a certain character, height, weight, and lineage that are different and separate from every other person's. We *believe* we have a personal mind, body and life with a personal set of circumstances different and separate from every other personal life and set of circumstances. This believed personal sense *is itself* the good and bad of the pairs of opposites we experience.

Hear that deeply. Belief *is* experience. It is the personal sense of being—which is false belief—that gives us that which appears to be a real personal set of experiences or circumstances consisting of both good and bad. When something happens in our experience, we take it personally. We believe it to be happening "to" or "for" or "against" us. We then attempt to deal with it personally. The problem, whatever its name or nature, is not what it seems to be but is the *personalizing* of, or *egoistic sense* of, existence. Indeed, masters often call the personal self the *selfish self*—the self that looks out for itself but not all others, who seeks to gain the good and treasure of life for itself but not all others, who seeks the safety, security and fulfillment of the earth for itself but not all others. But there is no personal self; there is no personal experience in God. There is only the one universal being, the one infinite I experiencing itself as infinite individual self.

Being is an individual and unique experience—yes! However, each and every individual is the infinity and omnipresence of God. God is one, whole and self-complete, indivisible and inseparable. All being and all experience, inclusive of every subject and object of experience, is itself the whole of God—fully existent and present, fully formed, manifested and demonstrated. Yet, because we've believed a personal sense of self, our experience of mind, body and world is also personal, therefore limited, finite, and full of both good and bad. Belief is experience. Whatever we collectively or individually believe, *there it is* as the formation of our experience. There is nothing we can do but live with it. Believed experience is not *true* experience (which is forever good, whole and complete), but for as long as we continue to live by belief, we have no choice but to live with the forms of belief—the forms of both good and bad. The moment we lift from belief to God we have the forms of God (good) throughout our experience. The pairs of opposites dissolve and disappear, and we live in the harmony, freedom and fulfillment of God-being, untouched by the good and bad forms of belief.

Five

HEALING THAT SUCCEEDS, HEALING THAT FAILS

The failure in what has been called "healing" is that we have attempted to have truth heal or free or harmonize a physical, finite, local, personal body, even though we have been given this truth. Perhaps now, after hearing this, we'll go back and reread the truth books we've read all these years, and quickly discover why it has been impossible for us to evidence the true and healthy, healed, free and vital body. We've attempted to get God, which is spirit, infinity, and omnipresence, to heal a physical, finite and locally present body *which spirit does not have nor recognize.* The physical, finite, local and personal body is nothing but *sense,* not reality.

It is because there is no such *actual* physical body that all attempts to "use" God or spirit to heal it fail. That which does not actually or truthfully exist (matter) cannot be healed by that which is true and real (God or spirit). It is for this reason that there is so much failure among the spiritual communities of the world in the ability to bring forth healings. If spiritual students understood matter as being nothing but a material *sense* of spirit—a corporeal *sense* of that which is one hundred percent incorporeal—they would quickly stop attempting to use spirit to heal the physical body. There would then be quick and considerable healing around the world.

In this new light, reread any truly spiritual or mystical teaching—the writings of pure spirit and true omnipresent, all-inclusive oneness; the teachings that realize God *as* mind *as* form such as are given the world throughout the teachings of Jesus the Christ and Gautama the Buddha, and the contemporary Miracle Self and Infinite Way—and you'll be amazed at what is revealed to you with newly illumined awareness.

THE BODY IS THE ENTIRETY OF CONSCIOUSNESS

You now realize that because consciousness is body, and because consciousness is omnipresent, indivisible and inseparable, the *entirety of your consciousness* is your one body.

Individual body is not the physically-believed body you have sensed as being real. Body is consciousness, and consciousness is always the omnipresent entirety of itself. In other words, the entirety of your conscious awareness (your entire experience) is your truthful body, not just a fraction of your experience named the physical body. Consciousness is your body, your one and whole body. It doesn't matter that there are an infinite variety of experiences happening in and as your consciousness every moment: beings, bodies, objects, subjects, shapes, amounts, activities, qualities and conditions. Actually, because God is consciousness, and God is one, all-inclusive whole, your consciousness is that one embodiment (body) of being, whole and all-inclusive. You simply have (as all beings have) an individual and unique experience of the one and omnipresent whole at this degree of awareness—this degree being "one of the many mansions in my Father's house."

Now that you realize this truth, you will never again attempt to heal the physical sense of the body in and of its own self, or any physical, local problem it is experiencing, but will seek to experience a greater illumined *awareness* of the one real (spiritual) body. The more illumined our awareness is, the more that illumination becomes evident as the physical experience. In other words, the more spiritual presence you experience "happening" as you, the more *that felt-presence itself* reveals a healthy, harmonious, vital and strong physical sense of body. This is the secret of spiritual healing.

Never again attempt to bring spirit into matter, to bring the incorporeal into the corporeal, the infinite into the finite, or the omnipresent into the locally present to heal it, fix it, free it, harmonize it or satisfy it. You will never succeed because it is impossible to achieve!

What you do—and what is happening this minute for you and all students who are hearing and absorbing this truth—is realize that your consciousness, including the entirety of it (in its purity, before mind, before thought), is the one body, presence and life of God. Omnipresence itself is what you are, what I am, and what all are. There is "none else." There is not, and never can be, God *and,* oneness *and,* omnipresence *plus* another type of presence. "And" or "another" would not be God or oneness but twoness, difference and separation. Such does not exist and is not even momentarily possible in truth, in God, in oneness.

It doesn't matter what being, object, activity, place or amount is witnessed—is being experienced or is appearing. It doesn't matter what name, shape, color, fragrance is presenting itself as experience. Forget all *categories* of experience—all names and amounts, all hims and hers, all specifics. Everything of experience *in and of its own self* has no actual reality, no actual presence, no power, no ability to act upon you either positively or negatively. There is only *one*—which is God; therefore, there is only one true category.

The five senses and infinite formation of mind do not change God into something different, finite, local, personal, limited or untruthful. Nothing whatsoever changes God, nor ever can. In order for anything to change or lessen God there would first have to be a second power, and not only that, the second power would have to be greater than the power that is God. That, of course, is utterly untrue. There is *one alone*—"I am the Lord, and beside me there is none else"—therefore one power alone, one presence alone and one form alone.

Ignore that which seems to be. "Judge not by the appearance, but judge righteous judgment." Realize that all is the one power, presence and formation. All is actually, despite the way it seems to be, God, therefore infinity and omnipresence, fully present and manifested *as* each form of experience simultaneously—always one, never divided, never separate, never different, never less. And that *one* is *consciousness.* You are that one, I am that one, all is that one. Everything about you, everything *of* you—everything—is that one which is consciousness. Therefore your body is consciousness—the entirety of consciousness, *your* consciousness. Your body does not exist *in* consciousness, as a single entity among millions or billions of other entities existing *in* consciousness. Your body *is* consciousness, the one and whole of consciousness, the all-inclusive *one body* of you.

AWAKEN! ILLUMINE AWARENESS!

With this realization, your entire purpose is not to attempt to "use" spirit to heal a physical ill (which is impossible) but to allow your awareness to become spiritually illumined. With spiritual illumination come the *forms* of spiritual health and harmony. Illumined awareness and illumined (healed) form are one.

Never again focus on a "particular place or condition of disease" and attempt to spiritually heal it. Normally, in desiring to heal the body, the student or "spiritual practitioner" takes "the illness or disease or injury into consciousness" and hopes that spiritual awareness, meditation and silence will heal it. This is why healing has not "worked." It is impossible to have spirit heal matter. Why? There is no matter. What has been named *matter* is just a *sense* of spirit, not a real (spiritual) entity or material or substance.

But now, in realizing that consciousness is the body, and that the "individual physical body" is just a miniscule grain of the whole of the bodily experience (which is the infinity of consciousness), you ignore the name and category of illness, disease or injury, and where it seems to exist, and you turn your attention fully to spirit itself. You fill your awareness with God as God for God to God. You empty yourself of the human sense and fill yourself with spiritual sense. Then you rest and relax and let spirit flood your senses with itself, as itself and for itself alone until you feel the very presence of spirit as your every faculty; until the peace and light and warmth and freedom of spirit so fills you that you would say it is living you rather than your "humanity" living you. *This illumined state quickly evidences itself as the healed and healthy bodily form.*

Oh, I hope you are catching this! The whole of your consciousness and everything in it and of it, infinitely, as far as you can see, hear, taste, touch, smell and think is your body, is *the* body of you, the *one* body, the *real* body of you.

No describable one aspect of conscious experience, or place of experience, or form or activity of experience—including what we have believed about our physical body—is the individual's true body. Rather, God is body; the whole of consciousness is the one body, and because the whole exists at and as each point of individual awareness, each individual's body is the whole of consciousness. Illness and disease (and every discordant experience that can happen to or in the body) are just forms of low spiritual awareness. They are forms of the "fog" or "dark" that exists as our lack of God awareness—our belief that we are and the world is something other than and different from God. With this knowledge you see that "healing" of the body is the dissipating or dissolving of the fog or dark of false awareness—the illuminating of awareness. Just as the morning sunlight dissolves the dark of earth, spiritual illumination dissolves the dark of false belief and healing is experienced.

As soon as we have a higher and purer awareness of God as the truth of our being—as consciousness being our all-inclusive and true reality and one body—healing of all form including the "physical body" is infallible. Consciousness and form (body) are one;

therefore, as a greater degree of consciousness is realized, the forms of experience are witnessed as more truthful, more healthy and vital, more peaceful and harmonious—and often miraculously so.

REALIZE ONENESS

The very first step in achieving spiritual illumination is to realize oneness, not to separate, not to divide, not to categorize, not to think of the body as being physical, walking around the "outer" earth on legs, powered by internal organs and functions, all operated by a brain. No, the body is the whole of consciousness and consciousness is oneness—in fact, the omnipresence of oneness. You will be amazed at the miracle of healing that is often experienced just with the lifted awareness of oneness (omnipresent oneness) being your body—the whole of consciousness being the body of you, and the body you have.

You will be amazed at the transformation and healing you experience, not only throughout the physical sense of body, but throughout your entire body—your body of consciousness. As soon as you lift out of the personal, finite and local sense and realize that the whole of your consciousness—all-inclusive of its universal experience of form, activity, amount, place, and condition—is all the same *one body of consciousness* (your true body), you are released from false belief and are free in truth. "Know the truth, and that very truth will set you free."

Consciousness is my body.
Consciousness is every body.
Consciousness is infinitely all.

Indeed you will be amazed at how quickly the truth and miracle of oneness becomes tangibly evident as your health, strength and vitality, your harmony and peace, your abundance of life in all its formation, as soon as you lift into the realization of *consciousness* being the body of you rather than the false belief that you are a mental being with a physical body living in a material world.

For this moment, your only concern is to lift away from the personal sense—all personal sense—into God sense, which is the recognition that "I am consciousness and besides me there is none else."

I, God, is consciousness, and because I is the only—infinity and omnipresence—there is none other than I, than God, than consciousness.

And because consciousness is one—inseparable and indivisible—the body of me is not a local, finite, temporal, physical entity, but infinite and omnipresent, forever whole as one. No person, thing, place or condition exists outside of me or separate from me. I am the oneness of my experience, every aspect of which is one and equal as the whole of God.

I and my body are one, and because I am consciousness, my body is the body of my consciousness, forever one, forever whole, forever full of the omnipresence and goodness of God.

Belief believes that consciousness is *not* all. Belief believes in many different and separate materials, substances, powers, amounts and experiences. It believes in the physical, local and personal body and its many organs and functions. It believes in other matter called "wood" from which structures, furniture, utensils and sculptures can be made. It believes various types of "fabric" exist from which clothes, towels, curtains and coverings can be made. It believes in organic matter from which plants, leaves, berries, flowers and fruit grow. It believes in other materials such as stone, sand, brick, concrete, iron and steel. It believes in entities such as mountains and oceans, beaches and deserts, valleys and glades, forests and fields. *Ad infinitum,* belief categorizes, divides, separates, names, believing that there are an infinite variety of different life-forms, substances and materials, qualities and conditions, sizes and amounts, natures and characteristics which make up the sum of experience—all of which have their degree of either good or bad, and all of which are experienced in different *ways* and *degrees* by each individual.

But truth awareness recognizes that only God is, only consciousness is, *despite the way experience seems to be*. So the very first step in spiritual illumination is to lift out of the personal sense of self, in all its ways, into the fact that consciousness is I, that "consciousness is my body." There is no unembodied consciousness; there is only oneness, and oneness is forever embodied, manifested, tangible and visible. Therefore, there is one body and that is the body of consciousness. "I am that I am."

Take in your entire consciousness and realize its oneness, despite appearance:

The whole of my consciousness is the oneness of God, the oneness of truth, the oneness of life itself, harmony, wholeness and peace itself.

The entirety of my consciousness is fully embodied in, and as, and with, God at every place of itself simultaneously. The entirety of my body is and consists of God at every place of itself simultaneously. There is nothing of my entire body, my all-inclusive consciousness, my infinite and omnipresent consciousness, that is not God and God alone, good and good alone, life and life alone.

But in order to experience the truth of life, I have to realize that I—the whole universe of me—am consciousness. I am not a human being with a mental mind existing in a physical body. I do not have a physical family, friend, neighbor and colleague; I do not live in a material home in a certain state, country or world, suspended in a vast universe. No, I am a spiritual being, a spiritual mind and body, existing in the boundless vastness of my spiritual universe. All of me is consciousness, and because consciousness is omnipresence, all of spirit (God) is omnipresent as each place and point of "me." All of "me" is oneness, infinity and omnipresence—the very presence of God in individual expression as "me."

I, the whole of I, is consciousness, and everything everywhere of my consciousness—which embodies my sense of a local, personal body, my sense of a local, personal family, my sense of home, my sense of person, activity, amount, condition and place—is just objective *sense* of the one body of consciousness. I have a corporeal *sense* of that which is one hundred percent incorporeal, and that corporeal sense includes an infinity of different individuals, things, activities, amounts, conditions and places. But this multiplicity of sense is actually one—God, consciousness—and never different, never separate, nor ever able to be.

Lift into this truthful awareness now.

I am the one because there is none else, and that one is consciousness. Therefore, the entirety of my consciousness is that one.

I am the body of consciousness.

As you realize this, you are not thinking of a physical, local, personal body. You are embracing the entirety of your consciousness, all-inclusive consciousness—not an "inner" versus an "outer," not spirit and matter, spirit and a physical body, no, no—just spiritual I, spiritual body, spiritual consciousness, the one and oneness of all.

Can you do that, friends? Can you, from this hour, lift away and keep away as best you are able, from the belief of a personal self existing in a vast material world and infinite universe which seems to be "out there" completely separate from and different from the mental self you believe you are and the physical body you believe you have?

Lift into truth this hour. You "and" your body are consciousness, the one all-inclusive (universal) consciousness of you, the one omnipresence of you with no part or aspect of experience being personal, local, different, separate or less than the whole of consciousness, omnipresent at every point of itself at the same time.

This is what you are and what you have.

And because the body is consciousness, it is infinite, omnipotent and eternal. I am life eternal. There is no other type or category of life. There is only one life, and that is eternal. You are that, I am that, all is that. You have never been born and you have never died. You are life eternal. There is no other type or span of life you can possibly be because the only life there is is eternal life. It is only because we, as a race, have unwittingly and without question accepted the belief in a personal self with a temporal span of life that we have lived the experience of birth and death. Belief *is* experience. But life is eternal; birth and death are one hundred percent *belief,* not reality. Belief is born and belief eventually dies. Truth does neither.

NO BIRTH, NO DEATH

You have never been born, and you have never died and never will. Your life is the one life which is eternal. Only God is, and God is life which is eternal. There are not different choices or types of life span. God is the only, and God is life; therefore, because God is eternal, life is eternal.

There is no temporal existence, being, mind or body. There is no temporal world or universe. Everything everywhere is eternal because everything everywhere is God and exists only because God exists. God is one and life eternal—flawless life eternal. You, I and all are that one eternal existence. There is none else. "I am the Lord, and besides me there is none else. . . . God made all that was made, and all that was made is good [pure consciousness, flawless, eternal, infinite and omnipresent, without opposite]."

As you lift now, away from the personal sense of self with the physical sense of body and material sense of world and experience, into your truthful being and body which is consciousness, you will never again have the experience of birth and death. Consciousness is eternal; consciousness is not born and does not die. Consciousness is life eternal, mind eternal, body eternal, presence eternal, world and universe eternal. You are that, I am that, all is that.

It is time to drop the belief in a personal, physical, local, temporal sense of self and lift into all-inclusive *consciousness* as being who you are, what your body is, what your world "and" universe are, and what everything everywhere in your world "and" universe is—all being your *one body* of consciousness.

I am consciousness. I am the body of consciousness—all-inclusive, infinite and omnipresent consciousness.

The whole world and universe and everything everywhere in it and of it is my one body of consciousness.

The whole infinitude is my one body of consciousness. I have the freedom of body this very moment as I realize that I am the body of consciousness, and consciousness is infinite, omnipresent, flawless and eternal. I immediately experience my bodily infinity, bodily omnipresence, bodily flawlessness and bodily omnipresence.

I can observe anything anywhere and realize that it is my body—it may look like a person, a flower, a tree, a house, a couch, a table, a pen, a book, food; it may look like the sky, a rainbow, a cloud, an ocean or sparkles on the ocean, a mountain, snow, a clear day or a rainy day—and realize that all the multiplicity of experience is the one consciousness of me, the one body of me (God-spirit-truth) simply experienced subjectively and objectively. Whatever form my one body of consciousness is appearing to be at this moment of experience makes no difference. What it truly is and has is God, consciousness. It is the one I, the one presence and form which is God—infinity, omnipresence and eternity. *This* is what *all* of me is, and none else.

Only God, the incorporeal, is. Mentality, physicality and materiality are simply corporeal *sense* of the incorporeal. Corporeality *in and of its own self* is unreal. It is sense alone and as sense alone it is innocent and impotent. Nothing is unreal or untrue about sense itself. It is only as we introduce *belief* to sense—belief in corporeality being an entity in and of its own self—that we are plunged into finiteness, temporality and the opposing pair of good and bad within each experience. As soon as we know the truth, therefore withdraw belief, experience becomes true, boundless and free.

That truth is that God is all; therefore, I am that. And because God is consciousness, the I that I am is consciousness—all-inclusive, all-embracing consciousness, which means there is nothing local or personal, mental, physical or material about who I am and what I have. Indeed, I, my mind, my body, my world and universe and everything everywhere in me and of me is consciousness, therefore infinite, omnipresent and eternal.

ILLUMINED AWARENESS HEALS THE BODY SENSE

Let us understand that illness and disease are not the physical ailment they have been believed to be but are the ailment of *belief*. Belief is a lack of God awareness, and any and every lack of God awareness *is itself* the ailment, illness or disease of experience. As truth rises in awareness, and belief is dropped, the body experience heals. As we realize that we, our bodies and universe are consciousness, that there is no type or choice of being, body and universe but that of consciousness, then belief about the sensed me and body dissolves, and truth emerges.

As we realize *I am the being of consciousness—I am and have the body of all-inclusive consciousness, the infinite, omnipresent and eternal body of consciousness*—our awareness is illumined. We are filled with the light of truth instead of the dark of untruth (belief). Our awareness has risen from a low degree of illumination that believes in the personal self, the mental mind, physical body, and material world (all separate and apart from each other) into oneness—pure, infinite, omnipresent and eternal consciousness. We have realized that consciousness is one and omnipresent. We have realized that God is consciousness, and God is one; therefore, all is one. We have realized that *I am that, I am consciousness, and I have and am that one body that is God, that is oneness, that is consciousness.*

My consciousness is that one consciousness; therefore, I am the being, and I have and am the body, of consciousness.

Once we realize this truth—once we have de-localized our sense of being and sense of body; once we have de-localized our sense of everything everywhere and realized that all is one, infinity and omnipresence, fully present at every place of consciousness, every place of experience; once we have lifted into the conscious awareness of oneness—then all we have to do is rest from our effort and behold the miracles of life "happening" as us, our bodies and our world.

The miracle of life is omnipresent here and now and always has been. It is evidenced simply by knowing the truth and then lifting away from the personal belief of being, body and world into oneness. Once we know this truth, we can rest and behold God as all. No effort is required—mental, physical or material—because God already is. God is the finished kingdom itself; and because God is the only, infinite, omnipresent, flawless and eternal, I am that and all is that. There is nothing for "me" or "you" to do. "The earth is the Lord's, and the fullness thereof. . . . The earth is full of the goodness of God." Indeed, there is nothing for us to do other than know this truth and then rest back in it, witnessing its glory, harmony, joy and fulfillment populating and animating experience.

GOD IS SELF-MAINTAINED

God self-maintains experience. God is self-complete, self-perfect everywhere, infinitely, eternally with nothing else existent. Therefore, if I am that, and I am; if my true being is that which is consciousness, and it is; if my true mind and body is that which is consciousness, and it is, then what do I have to manage? For what am I responsible?

Only God is, and God is the whole, perfection and fulfillment of all, and *all involved* in all. Nothing "else" is; therefore, there is nothing else to manage.

All I have to manage is the ceaseless knowing of this truth (the one truth) and then rest, beholding the management and government of God as all. And because God is fully present at and as every place and point of me—*being* the very presence, persons, activities, shapes, amounts, conditions and places of my entire universal experience—not one aspect of my experience requires my management or government. Then I have and I witness the good, the life, the perfection, the harmony, the freedom and the fulfillment of God as the fullness and fulfillment of me—of my mind, body, world and everything in and of my world—all being one, consciousness, the miracle of God being all.

Watch the miracle that quickly fills your life as you realize the oneness of you and rest in it, receptive and open to that which is (instead of anxious and cautious about that which is not).

Devote every moment to being *consciously aware* of that miracle! Stay away from all personal sense of self, body and world. Be aware that consciousness is who you are, what your body is, and what everything everywhere is. *Consciousness is the I that I am and the body that I have.*

THE BODY OF CONSCIOUSNESS

Consciousness is body, body is consciousness. I hope with all my heart that this truth has come through clearly. I hope that you understand that the entirety, the all-inclusive experience of consciousness—absolutely everything everywhere that you are conscious of—is consciousness itself, *your* consciousness. You experience oneness, not separateness and difference. You are consciousness being and experiencing itself individually and uniquely as you.

I also hope it is clear that the key to so-called "healing" of the body is the filling oneself with *living God awareness.* Belief in a being and body separate and different from God itself is the only ailment, illness and disease of experience. Your true here-and-now mind "and" body were never born, will never die, and cannot ever be injured, ill, diseased or disharmonious in any way, unhappy in any way; can never experience too much or too little of any category of life in any way; can never be too slow or sluggish in any way. Your mind "and" body are the one mind-body which is full of eternal life itself and is everywhere-present at every point of experience at the same time because life, you, your mind, body "and" world are *consciousness,* not matter.

You are filled with the fullness of God and none else (because there is none else). Think about that. The whole of you, the whole of your one mind and body, the whole of your consciousness, is overflowing, bursting forth with the fullness of God, of good without bad, God without opposite, life itself without illness, disease, old age or death—eternal life itself! You are that because you are consciousness, and your body is that because your body is consciousness, not the physical body you believe your body to be. Get all belief out of your sense. Stop being a believer. Consciousness is your body. There is no physicality. Physicality is simply a physical sense of spirit or consciousness, a corporeal sense we are having of consciousness, a local, finite, personal sense of that which is the only: God.

Forget these beliefs. All belief is false. The only truth is the infinity, omnipresence, oneness and eternity which is God, consciousness. Consciousness is your truth of being, mind, body and world. As you stay lifted in this truth, you are freeing yourself very beautifully, quickly and effectively from the false sense—from belief. Do not be too surprised about the deep peace you begin to feel, the deep rest, the relief you begin to experience as you relax and abide right in the midst of the consciousness you are, the consciousness that is your body.

Consciousness is the living truth of you, the God-filled and fully alive mind and body of you—life itself, truth itself, eternal health, vitality, harmony, and fulfillment of being itself. Awaken to your truth! Awaken to the *consciousness* you are, your mind, body "and" world are! Then your whole experience of life is awakened, and you are free.

Six

THE TRUE BODY

Let us more deeply understand what the true body is and tangibly experience it here and now. Let us reach the point of awareness which enables what has been called "healing" to be perfectly evident and real throughout the multitude of ailments, diseases, injuries and dysfunctions that the physically-sensed body experiences.

All injury, sickness, disease, dysfunction and decrepitude are quickly healed and then forever avoided as we lift our conscious awareness of being and body from physical to spiritual. The "physical" is simply a physical *sense* of that which is one hundred percent spirit. As sense is illumined with truth, the body is experienced truthfully. It heals. Sense and body are one, not two—just as water and wet are one, not two. We have heard this throughout the *Miracle Self* as "consciousness is experience." The spiritual body and universe—the only true body and universe—is matter-less, therefore untouchable and forever unaffected by anything of "matter." Matter is simply *belief,* and because whatever is believed *is the form* of the believer's experience, matter seems to be real. But only God is, therefore only God or spirit is real. As sense becomes illumined with truth and lives as and by truth, the truth of the body and universe is tangibly evidenced. False sense is "healed," and the true and eternal life, health, vitality and purpose of being spring forth and live here and now.

Spiritual devotees the world over are ready to lift out of belief and into the living, real and practical experience of their spiritual mind, body and world. They—you—are ready to lose the false sense of being and body (that of belief) and be healed, whole and free.

The freedom in spirit, or better stated *of* spirit, allows us to live the freedom of the spiritual, truthful *I* we each are, and in that way escape the parenthesis of belief that keeps us imprisoned in the mind, body and world of belief. As long as we are imprisoned in and by belief, we cannot receive truth. Truth (infinity and omnipresence) cannot enter belief (finiteness and local presence). Equally, belief cannot receive truth. While we still exist in a cloud of belief, all our hearing and reading of truth, and even our feeling of truth within leaves our tangible experience devoid of truth. All the truth study we do, all the meditating we do, and all the silence we sit in still leaves us unable to lift the body out of its imprisonment of belief (which includes the good *and* bad of physical existence, the health *and* illness, disease, injury, decrepitude or pain it may be suffering) into truth and freedom. These pairs of opposites have nothing to do with God but are entirely the experience (the body) of belief—the belief in self, body and world being something in and of their own selves, separate and different from God.

LIVING YOUR TRUE PURPOSE

Only when you awaken to the one truth (that only God is) and stop believing that which seems to be, can you start living your true purpose. Your true purpose includes a healthy and vital body. The body is not only yours to run around the earth with and to enjoy and make use of personally. It *includes* individual use and enjoyment, of course—the freedom of individual health, function and practicality, love and joy, even adventure and thrill. But the true purpose of spiritual being is to give, serve and share of its spirit, its infinity and omnipresence of substance, love, kindness, happiness, wisdom; its spiritual capacity in all its ways and forms. Only as we are consciously free as spiritual being, body and world are we able to begin to truly give, serve and share. So it is important for you who are hearing this message to now lift into the truthful (spiritual) experience of being, body and world. Only then can each individual begin living and serving the truth of his or her inherent nature, that of spirit, infinity and omnipresence of all; only then does each individual discover his or her inherent fulfillment of being, mind, body and world.

And so let us realize that *only God is*. God is spirit, incorporeality, infinity, omnipresence. This being so, there is none else but God. God is the only being in existence. Existence itself *is* the one being, mind, body, world and universe. There is no "other" type of being or mind or body or universe. Only God is. However, there indeed is a *false sense* or *belief* about the truth of being, and this is the root of all duality, of all problems, of a mind and body and world full of the pairs of opposites instead of full of the freedom of that which it truly and one hundred percent is: God.

Believed being, or falsely-sensed being, has been named "human" with its mental mind and physical body living in a vast physical universe, all of which is subject to conditions of both good and bad. Belief or false sense *is itself* the pairs of opposites, the belief in difference and separateness from God. The Master explained this in the parable of the "prodigal son," the individual who believes he is different from and separate from the one being, the one all-in-all being, inclusive of his entire embodiment of experience (his consciousness) and, therefore, suffers birth and death, limit and lack, hardship and pain. Yet the truth of being is God eternal, spirit, incorporeality, infinity, omnipresence. As we each lift away from belief or false sense into a living awareness of our truth of being, we begin to experience that truth as reality. The pairs-of-opposites belief "and" experience (belief and experience being one and the same form) fade into nothingness, as dark fades into nothingness as soon as light enters the world, and the truth of oneness becomes tangible.

Lift your awareness *up* into truth. This is the secret. *Lift* up and away from material belief into spiritual reality. Remember forever, we cannot "bring truth down" to a lesser level of awareness. We cannot bring the infinite to the finite, omnipresence to local, personal presence, spirit to belief, or God to matter. All we can do is rise in awareness from belief to truth, from personal sense to omnipresence, from matter to spirit. *There,* in and as risen awareness, all the freedom of spirit, all the freedom of truth, all the oneness, all the infinity and omnipresence of God as individual and collective being is as free as the air as tangible, real, practical experience.

WHY TRUTH DOES NOT "WORK"

Any time we think in terms of a finite or local place or activity, condition, organ or function, we are living the experience of *belief* not truth. When we think of our body as being this local, personal, physical form and we experience illness, disease, injury, underweight or overweight, some kind of pain or suffering—whatever discordant condition we discover is happening to our body which we believe to be real, debilitating or threatening in some way—we are living the experience of *belief,* not truth.

As soon as we believe that there is something happening "in" or "to" this local, physical body, which we now need God or truth *for* (to heal it or save it), we are so far away from truth in belief (and so far away from being able to experience the truthful, healthy and vital body), that we are left in frustration, scratching our head or even tearing out our hair wondering why truth isn't working for us.

Why, after all these years or decades of reading, listening to, and attending spiritual classes; after meditating and sitting in silence and experiencing, very often, the most beautiful, deep peace and joy and freedom within, why does illness fail to heal? Why does disease or injury or decrepitude fail to yield and heal? Why does the body remain underweight or overweight? Why does it not adjust and become truthful and free? We even change our diet to "help spirit with the job," yet the body still refuses to adjust to its rightful, more comfortable and satisfying weight and vitality. Why?

These questions come to mind, and we cannot find the answers. We cannot understand why it is that truth isn't working for us, particularly after all our years or decades of devoted spiritual study and practice and even our weekly hours of silence.

The reason—and there is just one reason—is that we have entirely misunderstood what we, our minds and bodies are. Even as metaphysical or spiritual students we have mis-identified who and what we are, and it is this mis-identity that keeps the tangible evidence or actuality of truth from our everyday experience. Isn't it shocking that after all these years or decades of being on the spiritual path, we realize only now that we have been living a condition of mistaken identity? Now we are awakening to it.

You see, truth, once *truly known and lived,* is quickly evident as the forms of experience. In fact, truth is spontaneously evident as experience, but because we find it so difficult to release that which we have for so long believed to be true about us, our body and world, belief is often slow to dissipate. It is for this reason alone that the evident forms of harmony, health and freedom can take a few minutes, hours, days or weeks or, in some few cases, a few years to be detected by an individual who has lifted into truth, or been "given" the lift by a practitioner.

If truth is not evident, and if truth is not sustained in one's experience, there is only one reason: we have not known the truth. We cannot deny or hide from this fact. "Know the truth, and that very truth will set you free." The Master, of course, was telling us the truth—the *principle* of God or truthful being.

The very first thing we must realize, and own up to and accept, is that if we are not evidencing truth throughout our lives, we do not know the truth—just as, if we are not evidencing 2 + 2 = 4, but keep getting 3 or 5 or 17, we do not know the truth of math. At first, this is perhaps hard for us to swallow, but it also contains the kernel of our immediate healing and freedom.

Do you see how important it is to know the truth? *It is impossible to evidence or to "have" that which we do not know.* So many students I speak to or read emails or healing requests from, want only to meditate or sit in silence. They do not want to know more truth: "Enough words, all I want is healing," they say. Well, isn't it interesting that all the great mystics of the ages gave us many thousands of words, and still do today? Many words of truth are given us for one reason: we have to *know the truth* before we can be *free in truth.*

Knowing the truth does not grant or produce or give truth to an individual; knowing and living as truth *is itself the form of truth*—the "image and likeness" of itself as earth (the multiplicity of tangible experience). This is why knowing the truth is important—no, *essential.* This is why the Master, who did not waste or mince his words, made a specific point of telling us to "Know the truth, and that very truth will set you free." So let us hear the truth again and again until untruth fades from our awareness and belief dissolves:

God is the *only.*

God is infinite, never finite or local, personal or objectified. God is infinite; God is *the infinitude itself.*

God is incorporeal, never corporeal. We simply have a corporeal *sense* of that which is one hundred percent incorporeal; and sense, in and of its own self, is innocent and impotent. Sense is just sense, not power, not an actual presence or form or entity—just innocent and impotent sense. It is *belief* added to sense that gives us untruthful experience because belief *is* experience. *Belief* is the culprit, not sense. To experience the truth of being, mind, body and world we have to rise from the belief in corporeality to the reality of incorporeality.

God is omnipresence; God is omnipresent. Anywhere we care to think about or focus on throughout the whole of the infinite, there the whole of God exists and is fully evident, complete, perfect, whole and manifested as that very place we are observing. The whole of God is that very form we are observing, that very place, condition, activity or amount we are observing. Whatever it is and wherever it is we observe it, there the whole of God exists as that which we are experiencing. The whole of God, the whole of the infinite, exists fully at every point of itself simultaneously.

And what is God, the infinite, the incorporeal, the omnipresent? God is *consciousness*. Consciousness does not exist "in" the mind, nor "in" the body. To suggest that consciousness exists "in" the mind or body is like suggesting the ocean exists in wetness, or wetness exists in the ocean. This is untrue. The ocean *is,* and is all-inclusive of its character, qualities and properties. The whole of the ocean has the experience of itself which is inclusive of wetness, saltiness, waviness and so on. We can just as aptly compare the statement "I am ever with you, and all that I have is yours" to the ocean as we can to God, mind and formation. There is no part or place or form of the ocean that does not have all that the ocean is and has in just the same way as there is no being, mind, body or experience that does not have all that God is and has. The *all* of God is inseparable and indivisible from each and every point, aspect and expression of itself, just as the ocean is inseparable and indivisible from each and every point, aspect or expression of *itself*. The ocean cannot separate itself from wetness, saltiness and waviness anymore than wet, salt and waves can separate themselves from the ocean. The ocean simply *is,* and is all-inclusive of its nature, aspects and elements, qualities and conditions, character and activities. The ocean is one with and as itself—indivisible, inseparable, all-inclusive and self-inclusive one body, one self, one*ness*.

In this way, we understand that God is one with no "and" or "other," no variant or offspring, no different or lesser or separate aspect, body, form, activity or amount anywhere throughout the infinitude. God simply and all-inclusively *is,* and that *is* is consciousness.

God (consciousness) is infinite and omnipresent, the self-inclusive all-in-all and all-of-all life, substance, presence, body and universal formation. There is nothing existent but God, consciousness. “The Lord he is God in heaven above, and upon the earth beneath: there is none else.” All is consciousness; all being, all body, all of the world and universe and everything everywhere in it and of it (and infinitely beyond) is consciousness. Nothing but consciousness is, and consciousness is *one* and *omnipresent.*

God (all being) therefore my being (my “I”), is consciousness. All body, therefore my body is consciousness. All formation, therefore my entire world and everything in it and of it, is consciousness.

There is none else.

Forget what belief has told you, and dismiss appearance. “Judge not by the appearance.” Belief throws us into falsely sensing who we are and what presents itself to us. We are tricked into believing that each and every objective form in our world is a being or entity in and of its own right—a real and separate he, she, it, activity, amount, place or condition in and of its own self. We have been conditioned to accept the corporeal experience as being real. Yet only God, the *incorporeal,* is real. “I am the Lord, and besides me there is none else.”

All is God, and because God is consciousness, all is consciousness. All is infinity, omnipresence and eternity; therefore you, your body and your universe (and all being, body and universe) are consciousness: infinity, omnipresence and eternity. “I am that I am.”

There is no personal being, body or belonging in consciousness; there is no object or locality or amount or activity or place or condition in consciousness. Consciousness, which is omnipresence, cannot be objectified, localized or personalized. No one can claim consciousness as his or her own, not even Gautama or Jesus! “I of my own self am nothing. . . . Besides God [infinity and omnipresence] there is none else. . . . The rain falls equally on the just and the unjust." Omnipresence is forever impersonal, non-local, undetectable and unnameable. *Sense* is certainly *individual,* objective, local, detected and named. All experience is momentary awareness, and it is this that seems to be objective, local, detected and named. But sense in and of its own self is innocent and impotent, never being what it seems to be. *When sense is empty of belief the truth of all is evident, but when sense is full of belief, all acts as it is believed to be.*

Consciousness is infinite and omnipresent and is incapable of producing finiteness or being finite, incapable of producing locality or being local, incapable of objectifying itself or being an object, an amount, a thing; a separate, personal being or body. The whole of God is what consciousness is; the whole of consciousness is what God is. The whole of God is embodied in, and as, individual consciousness—your consciousness.

The whole of God *is the entirety of itself* as individual being, body and world—as you, your body and world; me, my body and world; all being, all body and all of the world. The whole of infinity and omnipresence exists as itself as the entirety of you, your body, your world and universe. Each and every point of you, each and every breath and moment, each and every form of your experience is the whole of God, consciousness, fully complete and self-inclusive, finished and perfect, indestructible and invariable, and eternally so.

The whole of omnipresence exists as the whole of itself at every point of infinity at the same time. There is nothing local, personal or nameable about omnipresence other than omnipresence itself. The all-inclusive *whole* is that which you are and that which you observe; but this does not make being or experience personal, local or objective. Experience is forever *individual,* yes; momentary and conceptual, yes; detectable and describable, yes. But experience never is *in and of its own self* real. Only God is real or reality. We are simply having a conceptual, individual sense of the one being and experience which is real: God, consciousness, infinity, omnipresence.

Experience inclusive of all it contains is simply moment-by-moment conceptual awareness of oneness which, at "our" degree of mind is three-dimensional and of five senses. Experience is multiple moments of now, or multiple embodiments of now, one after the other after the other throughout each twenty-four hours. And because awareness is experience, and because our degree of awareness is three-dimensional and sensed with five senses, our experience is filled with three dimensions and five senses but is never local, never objectified, never finite, never an entity in and of its own self. We are simply having a corporeal sense of the incorporeal.

Knowing this and living it is the secret of individual and collective freedom from all mistaken identity, all personal belief, all limit and lack, all illness and disease, poverty, injustice and inequality. "Know the truth, and that very truth will set you free."

Seven

ONE AND NO OTHER

Only God is, and God is one. Oneness has no other, no variant, no different or lesser embodiment or experience of itself. Oneness is spirit not matter, not physicality, not flesh and blood. Oneness *is,* and has nothing but spirit in and of and throughout it. And because of this, oneness cannot be influenced or changed. Nothing has power or even influence over oneness because there is nothing but oneness. The only power and influence "over" oneness is the power and influence of oneness itself.

Only oneness is; therefore, only one power is, one presence is, one being is, one body is, one world-universe is.

Oneness is infinity, omnipresence and eternity itself. Oneness cannot be made into two; infinity cannot be finitized; omnipresence cannot be made partial or local. The whole is the only and exists not as a "contained" you but as everything everywhere of your experience. "I am that I am," and that "I" I am is consciousness, inseparable and indivisible oneness. Being "and" experience are one, not two, not different, not "inner" versus "outer." Being forever experiences the oneness of itself. The only question, therefore, is what are *we being*—the oneness of truth or the multiplicity of belief?

Always remember, that which experience seems to be, isn't. Appearance in and of its own self is infallibly deceiving. Only God is; only oneness, wholeness, infinity and omnipresence is. When we know and live this truth, appearance is free to be what it truly is:

the "image and likeness" of God—whole and perfect form. When we do not know this truth, appearance cannot be free of the belief we hold about it.

The only thing that ever presents itself to you is God. The whole of God is right here where you are, as you, your mind, body and everything everywhere of your entire universe—all one with and as you. Consciousness is infinity; the consciousness of you is the infinitude itself, your boundless, unconditional all in all.

No being, no body, no thing, no amount, no activity, no place or condition anywhere under any circumstance whatsoever is different from God, separate from God, or less than God. Nothing is finite, nothing is local, nothing is personal. Only God is, and because God is omnipresent, the whole of infinity and omnipresence is right here as you and as everything everywhere of your entire experience. Never is anything of you or your experience not full of God because "something other than or different from God" does not exist.

The whole of consciousness, despite what belief would have us believe, contains no finiteness, no locality, nothing objectified. Consciousness is the infinitude itself and its only capability is infinity; consciousness is omnipresence itself and its only capability is omnipresence, not local presence, not finite presence, not personal presence or objectified presence. The one and only capability of consciousness is that which it is. That is logical, is it not?

That which *is* cannot be "different" from that which it is. Nothing has capability or power or character or nature "outside" of, different from or less than that which it or he or she *is*. This is true of anyone or anything, and of course it is even more true of God or spirit—oneness. All *one* can be, and consist of, and do is that which it is—one or oneness.

God is and can only be the fullness of God and none else; spirit is and can only be the fullness of spirit and none else; oneness is and can only be the fullness of oneness and none else; infinity is and can only be the fullness of infinity and none else; omnipresence is and can only be the fullness of omnipresence and none else; incorporeality is and can only be the fullness of incorporeality and none else.

All God can be is God. This means that all God can be is infinity, omnipresence, incorporeality—consciousness.

God is consciousness, and because there is "none else," you are that, I am that, all is that. You are consciousness. Your mind, body, world and universe is consciousness, and none else. Therefore, *all you can be* and indeed all you *are* is consciousness and everything consciousness is. You cannot be something other than or different from or less than all that consciousness is, and you cannot *have* something other than, different from or less than all that consciousness has—which is the fullness, the infinity, the omnipresence of itself.

This very presence you are is omnipresence as this (your) presence—not personal, not finite, not limited or lacking, not local, not objective, not of matter, not of physicality or materiality. There is no such being or substance or thing in God. God is *consciousness.* And because there is nothing whatsoever throughout the entirety of existence but God—"I am the Lord, and besides me there is none else. . . . The Lord he is God in heaven above, and upon the earth beneath: there is none else"—there is no power or influence upon anyone or anything whatsoever but God itself.

God, the *only,* cannot be changed into a different substance, different presence, different form or a different "type" of substance, presence or form. Infinity cannot become finite, objectified or personal. Omnipresence, which is spirit and incorporeal, cannot become the presence of matter and corporeality—the presence of flesh and blood, wood and stone, cotton and metal, cells and atoms, stars and planets. No, *only God is;* therefore, only God-mind is, only God-being is, only God-body is, only God-presence is, only God-substance is, and that is *consciousness.*

Life has only been challenging because we have grown to believe that we, our minds, bodies and world are entities in and of their own selves—different and separate from God. We have become lost in the forest of belief, all of it false; the prodigal son and daughter lost, hungry and often hopeless. And because belief is experience, our minds and our worlds are filled with the forms of belief, both good and bad. But realize here and now, no matter how deeply you may be facing ill health, lack, limitation, injustice or insecurity at this moment, that belief has no actual reality, no law or principle to sustain itself in experience. Why? It is not God.

Only God is, and God is full of only itself. God does not contain or include belief. God only contains and includes God. It is for this reason that you never need battle that which seems to be. Ignore that which seems to be, and bring your awareness straight to God itself—pure God, pure being, pure spirit, pure truth.

God is consciousness, the infinite is consciousness, and "besides consciousness there is none else."

Consciousness is incorporeal, consciousness is omnipresent, and besides consciousness there is none else. Because there is "none else," there is no power or influence that can "change" consciousness into something "else."

Only consciousness is. I am that and all is that.

God is one. There is only one—one consciousness, one spirit, one being, one body, one substance, one condition, one activity, one place, one infinity, one omnipresence, one incorporeality. And because the whole of God is equally present at every point of itself at the same time, all is the whole of oneness.

Nothing, nothing of the whole of the infinitude, the whole of eternity, is different from or separate from this very being, body and place that you are, this very second.

This very being that you and all are, this minute and forever, is all that God is. Everything you have and all beings have is everything that God has. "Son, I am ever with you, and all that I have is yours."

GOD DOES NOT "GIVE" NOR "WITHHOLD"

Because of this truth—because infinity and omnipresence are the only—God (truth) does not and cannot "give" or "withhold." *All already is,* and cannot be added to or taken from. Nothing of God can be added to you or taken from you.

Oneness is full of itself alone, throughout itself alone. Nothing of oneness can be added to oneness because it already is the whole of itself throughout. Equally, nothing of oneness can be taken from oneness because it itself is the only power, presence, substance and body. What power or idea or influence (or thief!) exists where *only oneness is*? It does not and cannot.

God is incapable of being anything "other" than itself, or acting contrary to its nature for the reasons we have just read: the fullness of God, omnipresence, infinity and eternity are already here where you are, where I am, where all is—*being* the very mind, body and world of all. The whole of God, the whole of omnipresence, the whole of infinity and eternity is already here, *being all.* There is nothing to give, nothing to withhold. God is incapable of giving and incapable of withholding because God is omnipresent. Omnipresence cannot give and cannot withhold because it is already here—eternal, unconditional and infinite.

If we ever seek some good thing, amount or condition from God, if we seek any kind of "result" from God, we are lost immediately. That which we believe we lack and need is already what we *are* and *have* and, not only that, but is *already manifested* and *demonstrated* as what we are and have. Our "lack" is a lack of *awareness of that which we actually are and have,* never a real lack. Can you hear that? If so, you will be quickly free of all lacking and limited, discordant and disharmonious, suffering and painful, ill and diseased experience.

Despite our low degree of awareness, we each are and have the entire presence, mind, body and world of God. There is none but

God, and the fullness of God. *Rise in conscious awareness of God as being everything everywhere;* this is all that is necessary. Lift your awareness from the belief that you are less than or different from or separate from that which is the only and the entirety of all, into the conscious awareness of infinity, of omnipresence, of incorporeality, of eternity, of *God as all.* Consciousness is what you are and what all is—pure consciousness with no matter in it whatsoever, no human in it, no physicality in it whatsoever. Realize this! Lift into *this* truthful awareness! Recognize nothing about you, your mind, body and world but consciousness. *Then* you will quickly witness the "image and likeness" of God (unconditional good) become perfectly real and evident as the tangible forms of your experience.

Eight

ONE BODY

Only God is, only oneness is—inseparable, indivisible oneness, incapable of being anything but one, anything "different" from or less than itself.

Because only God—oneness—is, there is *one body alone*. Oneness does not, and cannot, produce 7.3 billion (at the time of writing) different bodies. Belief believes billions of different bodies exist, but belief has nothing to do with truth. To experience truth we must be filled with truth. If we continue to fill ourselves with belief, all we will have is more belief-form. Let us fill ourselves with truth.

Only God is, only oneness is. Nothing exists but oneness. *All* is one, and that one is God or spirit or consciousness. Only one body is—the *body of consciousness* (or God or spirit). Experience, despite the way it seems to be, is *one*—the one body of consciousness—and is itself each and every form or aspect of experience, *the one* itself. There is only one being, one body, one amount, one place, one condition, one character, one nature, and that one is God, spirit, consciousness, omnipresent as all. God is that one, spirit is that one, consciousness is that one, infinity is that one, omnipresence is that one, eternity is that one, and besides that one there is no other. Oneness is incapable of being anything different from or less than or separate from its omnipresent self. God—the one, the only—cannot and does not have an "and," "another," a "different" or a "lesser." God is God alone; one is one alone—just as white is white alone—and because God is all, God and body are one. The seeming "two"—God and body—are univocally one.[1]

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[1] See Paul F. Gorman's *The 7 Spiritual Steps To Solving Any Problem* for further understanding of univocal oneness.

All of the infinitude is, and is fully occupied by, and as, the fullness of oneness. There is no space left out or left over for an "and," a difference, a lesser being or body or formation of any type, and there is no cause that could cause it because oneness itself is the only "cause." Not even one grain, not even one atom, one subatomic particle or one trillionth of a subatomic particle of you, your mind, body or universe is different from or less than the omnipresence of God, oneness. All is utterly one, fully occupied by itself, with nothing "else" because one cannot have anything "else," nothing different, no "plus" or "minus." Indeed, one cannot have less than all of itself throughout itself.

The whole of the infinitude, the whole of omnipresence and the whole of eternity, all being one as the whole of one, is eternally full of itself alone, without border, without end, without beginning or end, without change. It for this reason that there is only oneness, one body, and that oneness, that body is consciousness.

Absolutely nothing whatsoever exists but consciousness. Do you see where we have been lost in believing that the "personal, physical, local" sense of body is "our" body, whereas in actuality the real body is the body of consciousness? There isn't any "other" body because consciousness is the only existence, being and form. The body of consciousness is the only body.

Your consciousness—your all-inclusive experience, formation and activity of everything everywhere happening in and as your consciousness—is your body and everything of your body. "I am that I am." You can observe anything, at any place within your body—within your consciousness—and realize, "I am that." That which you observe, even though it appears to be a person, object, place, activity or condition "out there" different and separate from you, is not different and separate. It is the one I of you, the one consciousness being experienced as form. It is nothing different from I, consciousness. It is not "over there" but right here *as a form of consciousness* in this moment of experience. It is an aspect of your one body. The infinite variety of body, form, activity, amount, color, fragrance, quality, character, nature, place and condition we each observe is the one consciousness we are, simply experienced individually. Because all is the one consciousness, consciousness is the one body-of-being. This body-of-being is our one true body. There is no other.

ONE BODY OF CONSCIOUSNESS

Our one body of consciousness is our truthful body. Consciousness is body. As we rise into ever greater understanding of consciousness being body, we no longer "separate" or "differentiate" that which is observed and experienced from that which is consciousness, oneness, omnipresence, infinity and eternity.

All is consciousness; all is one, and that one—as individual consciousness—is individual body. Your individual consciousness is your individual body; my individual consciousness is my individual body; his and her individual consciousness is his and her individual body, yet all one, all God, the infinity of oneness, omnipresence, individually experiencing life as the being named "you," "me" and all.

Begin to understand that the organs and functions of the body, the activity of the body, the presence and purpose of the body are all consciousness. Begin also to understand that because the body is consciousness, your and my *individual experience* of the body—its individual type, character and nature, why it is healthy and why it can be ill or diseased, injured or disabled, underweight or overweight, why it ages—is all to do with individual *belief*. When you understand this, you will awaken to what it is, and how it is that the body heals.

We must lift belief, attention, interest, concern and effort away from that which is believed to be the body, the "physical, corporeal" body, to the spiritual truth of the body. We must withdraw our interest, concern and effort from the believed-body's state, its

All is spirit no matter how it appears to be. All form, activity and procedure are spirit because spirit is the only. Therefore, a Band-Aid is actually spirit, a pill is actually spirit, a vitamin is actually spirit; even surgery is the activity of spirit because only spirit is.

In this realization you are, even as you have a physical experience, lifting your awareness and belief away from the physical into a higher awareness of spirit being the only and the all. In this way you are beautifully serving your spiritual awakening.

There is the disclaimer. I hope you take it seriously. It is very important that you do.

WHEN YOU ARE SPIRITUALLY READY

When you are ready, you take that leap and decide, "I will no longer pay that much attention to, be interested in or concerned about what is or is not going on in the physical sense of the body. I will no longer attempt to heal the physical experience by physical means.

I will now, this day, lift into pure spiritual consciousness, in the realization that consciousness is my body.

My whole experience is the one body of experience, the one body of being, my individual and unique body of experience.

Consciousness is my body . . . consciousness alone. . . .

The secret of health and healing is to lift awareness and interest into that of seeking God *as God is,* not as we believe God is or need or want God to be as human, physical, material good. "Seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind . . . but rather seek ye the kingdom of God, and all these things shall be added unto you [shall become evident and tangible for you]." Hear that: the *kingdom* of God. The kingdom is the infinitude, omnipresent as all. There is no existence but the kingdom of *God itself being all.* The kingdom of God is the kingdom of consciousness, the kingdom of the incorporeal, the kingdom of the infinite, the kingdom of the omnipresent, and nothing less or different from that one and only kingdom.

Do you see why the Master told us to seek *not* the things of experience—the way in which the kingdom objectively appears to be in experience—but to seek the kingdom itself, and nothing but the kingdom itself. The moment we begin to seek *that which truly is for itself alone* and not for any "result" that "we" may desire or believe we need, *then* we discover our life filling with as much health, harmony and plenty as we could ever wish for, plus "twelve baskets full left over."

I am consciousness, and because consciousness is one and oneness, my body is consciousness.

My body, this physical sense of body, a local sense of body, is not "within" consciousness. No, "I" am consciousness. That means that my body is actually a body of awareness not physicality, and that body of awareness, being consciousness, is infinite and can be nothing less or different.

My body is incorporeal and can be nothing less or different. My body is omnipresence and can be nothing less or different.

This very second, I actually am consciousness, infinity, omnipresence, incorporeality, eternity. Even though belief may still be fighting this truth, it does not make any difference. Belief is and has no power and is proven to be and have no power the very moment we lift into consciousness as I, consciousness as body, and stick with it.

I am consciousness; therefore, I am infinite, and because all is one, my body is consciousness.

My body is the body of consciousness or awareness, which is infinite, *omnipresent, incorporeal and eternal.*

Everything of my tangible experience is my tangible body because my body is consciousness. And consciousness is always tangible. There is no intangible consciousness, no unmanifested or undemonstrated consciousness, no invisible consciousness, no invisible omnipresence.

But you see, belief says, "Yes, there are power and reality in experience—power and reality that are different from God." Belief makes the believer believe that God is invisible to experience, intangible to experience and, in fact, nowhere to be found in experience. Belief convinces the believer that God is ethereal not practical, that God is unmanifested and undemonstrated, requiring a formula or a code or the right spiritual thinking or attitude to make visible, tangible, manifested, demonstrated, real and practical that which isn't at this moment.

Belief believes that God which is spirit has to change itself into physicality, matter, corporeality to become a healed, healthy and harmonious body—not only that, but has to become healthy and harmonious *here* and *there* in the various local places and for the various conditions where healing is most needed. Entangled in this belief, we make attempt after attempt to convert God into corporeal good or spirit into matter, and we forever fail because God does not have any matter in it. The incorporeal does not contain an ounce of corporeality, and so you see that such belief has been folly from the moment someone decided to try it.

God is forever manifest, demonstrated, visible, tangible and real in the most practical "here and now" way. Oneness does not have different departments or states or experiences. Oneness is oneness, and because oneness is omnipresent, every place of oneness is fully one, whole and complete, finished and perfect formation. Oneness is fully manifested, fully demonstrated. Oneness does not and cannot have one part unmanifested and another manifested, one part undemonstrated and another demonstrated, one part invisible and intangible and another visible and tangible. That is nonsense and always has been. It is the product of belief and misunderstanding alone. We must "Know the *truth,*" and then "that very truth will set [us] free."

Oneness is forever the whole of itself, and because oneness *is* existence, there being none other, God *itself* is the only existence, the only manifestation, the only demonstration, the only visibility and tangibility. There is no other type of manifestation, demonstration, visibility or tangibility; there is no other state or experience. God *is,* period; oneness *is* and is the only *is,* and because God, oneness, is finished, whole and complete, all of existence is finished, whole and complete. The only requirement is a living *awareness* of this great truth.

God—because God is one, the only—is the only presence, the only being, mind and body, the only manifestation and the only demonstrated experience.

And because God is omnipresence and eternity, all presence, being, mind and body is eternally manifested and demonstrated. Eternal God, good, is fully manifested and already demonstrated here and now.

The whole of God is fully manifested and already demonstrated right here where you are, as you—being everything you are and everything you have.

The whole of God is fully manifested right here where you are, fully visible right here where you are, fully tangible right here where you are—being everything you are and everything you have.

It is time to lose the belief in an unmanifested God, an undemonstrated God, an invisible or intangible God—a God that has still to "become" our good. The whole of consciousness is wholly finished and complete, manifested and demonstrated, visible and tangible as and throughout the entirety of existence. This is why the Master tells us, "As in heaven so on earth." As God is, earth is also because God and earth (experience) are one, not two.

So there remains just one question. How is God—the *truth* of being, mind, body and earth—evidenced? How is it evidenced by you and me, here and now, today? *By rising into the living awareness of all as God, consciousness, and nothing different.* The you you are, and the I I am, and the all all is, is God because God is the one, the only.

You are *the* incorporeal, *the* infinite, *the* omnipresent itself. There is none else; therefore, your truth *has* to be that, and indeed it is. "I am that I am." "He that sees me," the Master told us, "sees him that sent me [he who is what I am]." When you observe anyone or anything, you see God, you see the spiritual, incorporeal form, being, mind and body because there is none but God, spiritual, incorporeal form, being, mind and body. It is simply that mind is objective—of three dimensions and five senses—and so the infinite variety of God is *sensed as* three-dimensional objectivity. We experience the one being as billions of different beings, and the one form as a universe of billions of different forms, things, places, activities, amounts, animals, plants, vegetables, oceans, mountains, countries, states, cities, towns, neighborhoods, houses and gardens. We have a corporeal sense of that which is one hundred percent incorporeal. We have a personal, local, finite and temporal sense of that which is one hundred percent impersonal, omnipresent, infinite and eternal.

Lift, lift, lift into the awareness of *consciousness* being the all of you, the only of you, with nothing different, nothing less, nothing changeable, and nothing *capable* of being different or less or changeable.

You are rising into the awareness of the *one* that is consciousness being the whole of you, inclusive of body. And remember, all awareness is fully embodied, demonstrated, manifested, visible and tangible. So rising in awareness—*rising in awareness*—is the most thrilling, the most exciting adventure of self. Each grain of higher spiritual awareness *is* the form of itself as greater health and harmony, peace and freedom, abundance and happiness of being.

Never try to bring God or consciousness "down here" to fix, heal, harmonize or pacify all of the experience of "down here." Forget it, forget it, forget it! If ever you try to use God "for" some nameable, local good, you are so far out of truth you may as well go to the movies instead. Never do that. God cannot be used. God *is!*

The secret is to forget about "down here," forget about what belief believes is mental, physical or material. Your sole journey in truth is to rise in awareness. We have here such a good and strong clarity about exactly how to do that.

Rise in awareness. Rise into the awareness that you are, and your mind and body are, consciousness—only consciousness. You are nothing "else." You are not what you seem to be, and your problem is not what it seems to be; nor is your solution what it seems to be. All is consciousness, period. There is nothing "else."

I am consciousness; I am the one body of consciousness; consciousness is my body. Nowhere in the entirety of my experience is "outside" of my body because consciousness is my body and consciousness is infinite and omnipresent.

I am having an infinite number of experiences of the one body I am, and in a material sense those experiences have been given an infinite number of names. In that material sense every one and every condition act in an infinite variety of ways—some good, some bad. But all of materiality is simply a believed sense of that which actually is.

When I now rise into truthful awareness of that which is, I witness the whole of my body, degree by degree by degree, becoming that of life, health, harmony, love, freedom, joy and purpose.

I am consciousness, and besides consciousness there is nothing else at all, therefore nothing else about me. For this reason, if I am ever thinking or pondering or reading about or listening to anything other than consciousness; if I am exploring or seeking anything other than pure consciousness; if ever I am wishing to understand more of truth, and it is anything other than understanding more about consciousness, I am off in the woods somewhere, *and not rising in spiritual awareness.*

On the other hand, every time I seek to know more about God or consciousness, every time I seek the spiritual being, the spiritual body, the spiritual experience, the spiritual thing, place, condition, amount, activity, organ, function, then I am rising in awareness.

Every minute of seeking truth for the sake of truth itself (never for a reason we can name) is a tangible raising of awareness. That is how to make the utmost use of every minute and every hour of your truth study—your soaking yourself in truth messages. Every time you read spiritual instruction, or listen to a class, make sure that what you are reading or hearing is that of God as mind as universe, or consciousness as mind as universe, not of anything to do with a lower level of awareness which accepts the "mental, physical and material" existing in "time" and "space," conditioned by "cause" and "effect."

If ever you read about, listen to, or attend a class that teaches how material experience can be healed, prospered or harmonized by God, or spirit—by "knowing the truth," by meditation or silence—then know that you're not taking in truth. You have to be aware of this; otherwise you will spend more and more time lost in a forest of belief.

I am consciousness, I am spirit, I am the infinite, and I am incapable of being anything "other" than one hundred percent what I am—consciousness, anything "other" than spirit, anything "other" than the infinite.

There is nothing about me or within me or throughout me that can cause difference. I am I, and besides I there is none else.

One can only be one; infinity can only be infinity; God can only be God. There is none else; there is no other being or state or body or world or universe oneness can be. There is no power or influencing factor in oneness that could make it into a different form or activity. Oneness is full of oneness alone. There is no "other" being or body; there is no choice but to be the fullness of the one which is the infinity, omnipresence and eternity of being, mind, body and universe. There is no "other" way of being but the one. Any "other" idea of life or body is founded on substanceless belief alone. There is no principle behind "another" idea because the only true and eternal principle is God, which is oneness. That principle is the infinite, the infinitude itself, which is omnipresent at and as every place and point of itself at the same time. Oneness is incorporeal, spiritual without name, form, shape, outline; uncontainable—pure consciousness. *I am that. I am consciousness, and besides consciousness I am none other.*

THE LIGHT OF TRUTH FILLING AWARENESS

Think now, of the entirety of your experience filled with and as, and being the one form of pure consciousness. Begin to gently ignore and let go of the belief in a material world as being an entity in and of its own self—its bodies, forms, things, activities, amounts, names, places and conditions. Gently and lovingly withdraw your fixation from belief and appearance. Begin to think about the entirety of form being one substance, one presence, that being consciousness. Fill your awareness with, and set your affection upon pure consciousness, pure presence:

I am consciousness. The whole of me is consciousness. There is nothing about me, nothing I can possibly experience, other than consciousness.

Even when belief is trying hard to convince me that matter is real—that my body is a physical entity and that it is in some way or another ill, diseased or injured, that it is suffering and painful, or that I am experiencing some form of lack or limitation, sadness or loneliness—I realize the untruth of it. I "loose it [this belief, this suggestion] and let it go." Even while the experience is happening, I realize the truth of oneness, of God, of spirit as being *all I am and all I have.*

I realize that what I am actually experiencing, even though I may be having a false sense of it at this moment, is pure consciousness because there is none else.

The only experience is that of God (or spirit or consciousness) because there is none else, and God is incapable of being anything other than itself.

Only God is, only spirit is, only consciousness is, only omnipresence is; therefore, I am that, and all is that.

I cannot be, and indeed am not, anything "else" or "different" or "less" because there is nothing else, different or less. How could there be when God is the fullness of itself alone—omnipresent—in and as all?

Indeed, only God is; therefore, all being-mind-body-world-universe, and everything everywhere in it and of it are the omnipresence of God.

There is no available space or place left over that could be anything else, different from or less than God itself—oneness itself, consciousness itself. Omnipresence, by definition, is full of itself, and is fully being itself alone because there cannot be omnipresence "and" something additional. And because omnipresence is God, oneness, all is full of, and being the fullness of God alone, onness alone. Therefore, all *experience* is that of omnipresence, God, oneness. There cannot be a different type of experience because there isn't a different type of omnipresence or God or oneness.

No matter what you are experiencing—whether to belief it is good or bad, or very good or bad—realize that it is actually and literally God, spirit and truth. It is absolutely—utterly—one hundred percent impossible to experience anything different from or less than God, spirit and truth because God-spirit-truth is the one and the only.

There is no space for "another type" of experience, a "different" experience or a "lesser" experience. Infinity and omnipresence are all there is and therefore, occupy the whole. Where would there be space for even one, minute grain of something "else" or "different" or "less" when infinity and omnipresence occupy all space? There is not. It is impossible. The infinite omnipresence that is God can only be, and indeed only is, its own experience, incapable of experiencing anything else, different or less.

As you experience a person, object or amount, he, she or it appears to exist in a particular location and appears to be an entity in and of its own right. Belief would have you believe it is so. But "judge not by appearance." What you are actually experiencing is the whole of God-infinity-omnipresence simply appearing to be, or objectively appearing to sense as, the person, object or amount. The way in which experience appears and the way in which it is sensed do not change God, or make God different or less as the form of experience. God is God, period, and so all formation is God and cannot be, and is not, anything different. Again, nothing of the entire infinitude consists of anything but the omnipresence of infinity itself.

Everything of experience, second by second, is the whole of God, the whole of the incorporeal, the whole of omnipresence right here where you are, as you. Nothing of God is missing, nothing is incomplete, nothing is separate from you or your experience. All of God, good, is here and omnipresent this very minute. You cannot possibly go to God and receive anything more of God than the amount you already have, because the whole, the infinity of God is right here, being you and your entire experience. The way of experiencing it is to lift into a living awareness of what God *is,* that being pure consciousness—incorporeality itself, infinity itself, omnipresence itself, oneness itself—and none else.

ONENESS ALONE

If we believe anything other than oneness (consciousness), if we believe or are bothered by or are fearful of any objective form, any finite sense of oneness—either good or bad—then we are not in oneness, but in twoness. Believing twoness (God *and*) is why we suffer and why we *continue* to suffer. As soon as we understand oneness, we fill our interest and our contemplation full of only oneness—consciousness.

There's the miracle. As soon as we do this, it's often surprising how quickly the miracles of oneness are evident—just by being consciously aware of oneness; just by seeking nothing but oneness itself, which is consciousness.

I seek to have my awareness opened and filled full with the truth that consciousness is God, consciousness is what I am, consciousness is my body.

The whole of consciousness is my body. My body does not exist "in" or "within" consciousness as a finite, local "part" of consciousness. No, my body is the body of consciousness, which means the body of infinity and omnipresence and eternity. My body, therefore, exists as and throughout infinity because my body is consciousness—indivisible, inseparable, omnipresent consciousness.

Whether I am looking out at a human being, an animal being, an insect being, a plant being, an object, amount, activity, place or condition, what I now realize is that the whole of consciousness is that which is being observed or experienced. Everything everywhere I observe or experience is the omnipresence and infinity of consciousness being the form of it in my experience. I have lost the false idea that "I"—my physically-sensed body—is separate and different from the bodies of all the other human beings in the world, or from all the trillions of other forms, beings, things, amounts and conditions in the world.

No, the whole of my experience is my body, is my consciousness. Consciousness is my body. My body is a body of awareness not a body of phys-

icality. Awareness is consciousness, and is infinite, incorporeal and omnipresent.

SEVEN DAYS OF ILLUMINED AWARENESS

For the next seven days, think continually about the infinity and omnipresence of *consciousness* as I, *consciousness* as body. Lift, minute by minute, into a greater living awareness of oneness, not multiplicity. Become aware of the entirety of your consciousness (your conscious awareness) as being the oneness of you, the oneness of your body.

Let us withdraw or begin to lose—really, truthfully begin to lose or dispel—the idea that the body is physical as it has been believed it to be.

My body, the only body, is God because God is the only, and God is consciousness; therefore, my body is consciousness.

Devote, with determination and discipline, just seven days and nights to lifting your awareness into this one truth and watch what happens. You'll feel a release from old belief and conditioned sense, and with it the release from illness or disease because release and released experience are one.

BECOMING NEWLY AWARE

Lift right up into a new paradigm, a new understanding, a new reality that completely drops and leaves behind the old belief that self is a mental being and the body is physical, local and temporal, with arms and legs, organs and functions, a head and a brain. Drop it and let it go, and realize that only God is; therefore, I am that and all is that. And because God is one, infinite and omnipresent—indivisible and inseparable—what I am is that one infinity and omnipresence, not many parts or elements or aspects, not finiteness nor local presence.

"I am the life, the water, the wine," the Master tells us. Well, what is "I"? Consciousness, God. Therefore, by definition, the body is consciousness, which is infinite, omnipresent and eternal oneness. "I" am the life, "I" am the body, which means consciousness is the life, consciousness is the body. No one in truth ever told us that self is mental, the body is physical and the world is material. Where has such belief come from? It is only because we have grown to believe appearance at its face value instead of as its truth (its reality) that we live a sense of difference and separation from God.

The collectively-believed notion that we are different and separate from God is simply untrue. It is unfounded, without principle or law to uphold it. Difference and separation simply do not exist in God and are incapable of existing in truthful experience. As you rise out of this old and unfounded belief about self and body, into *truthful* self and body—which are one, consciousness, infinity, omnipresence, eternity—you quickly begin to *experience* the truthful self and body. The "physical" body emerges through the fog of old belief as whole and healthy, vital and strong.

It is quite a miracle to observe what happens to the physical sense of body when we leave it of its own self alone, lift up into the truthful body of infinity and omnipresence, rest there, and simply behold it "happening" as and throughout our consciousness.

The physical sense of body is just one element of our infinite and omnipresent body. Our body is the entirety, the all-inclusive and self-inclusive body of consciousness—infinite, omnipresent, eternal, fully manifested and demonstrated God, good.

A living awareness of this truth is the only requirement; a lack of this living awareness is the only disease.

Nine

GO TO WHERE GOD IS, PART ONE

There is one way only to experience actual truth—the harmony, joy, health, abundance, love, freedom and fulfillment of spiritual being. There is one way only because there is one God only—*one* itself, spirit and truth itself. There are multiple paths that *lead to* the one way, but unless the one way is eventually found and adhered to, all "other" ways are guaranteed to fail. "Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it . . . a narrow place, where there is no way to turn either to the right or to the left."

Unfortunately, even after years or decades of reading, listening to, and attending truth classes, until the point of awareness is reached where we can *truly hear the one truth,* we have not found the single way. We, therefore, practice that which we believe is the way of truth but actually is still a way of failure. Failure indeed is what we evidence (failure to witness truthful life, God's life, "heaven as it is on earth") until the beautiful moment of awakening to the one way. Only God is, and God is *one* without variation, without difference, without choice. Therefore, only the one way, the "strait and narrow" way of God itself is the actual and fruitful way.

The guaranteed way to fail is to attempt to bring God or spirit "down here" to us, to matter, to heal it, harmonize it, pacify it; to make it loving and kind, moral, just and compassionate; to bring safety and security to it.

Attempting to “bring God down here,” or “to this place” to influence or heal a human or material condition is impossible. That is why, for as long as we continue to attempt it, we are guaranteed to fail. Let me just say, I was the best at failing until that moment when, like the bursting through of springtime, the way of truth sparked within me just enough so that I could stop the nonsense of attempting to “bring God down to my level” of mentality, materiality, physicality to heal “me,” to fix “me,” and lift “me.” Impossible!

That single spark of truth within saying, “This way, my love, my son, my daughter; come this way; come to me alone for I myself am all” is the moment our healing starts emerging. Only God is, and the moment we first truly feel that truth, we realize that we must go to where God is, rather than trying to get God to come to where we are.

As soon as we understand this, and start doing it, the miracles of truth are quickly evident in experience, and if not so quickly, then within a very short time. You see, principle, once attuned to and adhered to, is instantaneously evident throughout you and your experience. “Where the presence of the Lord is, there is liberty.” Principle already exists in all its fullness, all its glory, all its freedom, all its certainty and all its formation (body). Principle is law. As soon as we recognize this and attune “our” awareness and “our” ways to *it,* as soon as we go to *it,* as soon as we go to the principle *for the principle* rather than trying to get the principle to come down to us, or come “over here” to us to rescue and fix us, to heal and pacify us despite ourselves, then it is that we quickly find ourselves on the path of truth—the beautiful “strait and narrow” path the Master showed us. “Strait is the gate, and narrow is the way, which leads to life [truth], and few there be that find it.”

Indeed, as we arrive at the straight and narrow path, and as we walk it, we discover that *it itself* is the healing experience. How is it walked? How do we begin to witness our bodies healing? The way is to rise up into the consciousness of incorporeality, the consciousness of God, the consciousness of spirit, the consciousness of omnipresence, the consciousness of oneness, not "twoness." Lift and illumine your awareness—*spiritualize* your awareness. Empty yourself of material belief and fill yourself with a living awareness of *spirit as all.*

In spiritual consciousness there is no matter, no mentality, no physicality. Spirit has no locality in it whatsoever, no object, amount, place or condition. Belief does not exist; only God exists, only spirit exists—just God, spirit, the *incorporeal* everywhere present, equally and simultaneously. There is no name, no God "and," no multiplicity, no time or space, cause or effect. There is nothing but God, spirit, the infinite, the omnipresent, the incorporeal presence—pure and unconditional God presence *being all,* whole and complete, boundless and free.

When we have a grain—just a true grain—of this awareness, which means when we have lifted our awareness from everything describable, everything of matter or humanity, up into *God consciousness*—spirit, omnipresence, infinity, eternity, oneness, pure consciousness, besides which there is nothing else—once we've done this, *there is* the harmony of individual and collective being. There is the harmony of being, mind, body and world; there is the union, the love of mankind, the love of all beings, the love of all in the world, the love of God, all fully existent, fully manifested, fully demonstrated as all. Everywhere we look, everywhere we turn, everything we think and do is filled with, and is itself, God-spirit-truth.

God consciousness "and" God experience are one, not two. God consciousness does not *produce* God experience; God presence (God consciousness) does not *produce* or *make manifest* healthy, harmonious, peaceful and plentiful formation. God *is* the "image and likeness" of itself as form.

selves. We must rise into *oneness* instead of dwelling in belief and multiplicity.

When we understand that all is consciousness, we quickly realize what it means to *rise to where God is* rather than getting God to come down to where we are—and we quickly stop attempting to. We must lift away from material belief to an awareness of consciousness as reality.

I am consciousness, and consciousness is the infinitude. God is the infinitude of consciousness. That is why I am, and all is, consciousness.

Existence itself is the infinitude and omnipresence of consciousness. All life, all being, all presence and all formation is consciousness. Consciousness is infinity and omnipresence; infinity and omnipresence is consciousness.

I am consciousness, and besides me there is none else. My body is consciousness, and besides consciousness it is none else.

THE CONE OF AWARENESS

What we call *experience*—inclusive of the infinite variety of being, form and activity involved—is simply a degree of God awareness. Awareness *is* experience; experience *is* awareness. There are infinite degrees of awareness (just as God itself is infinite—*the* infinitude itself). "There are many mansions in my Father's house." Any and every degree of awareness *in and of its own self* is good without opposite because all is God, which includes every degree of awareness. Never lose sight of this: awareness in and of its own self is God, good without opposite, innocent and impotent.

To illustrate the degrees of awareness, imagine a cone ten feet tall. From the apex, the cone becomes increasingly wider towards its base which is, let's say, five feet in diameter. Imagine this to be the *cone of awareness*—from pure spiritual (God) experience at the peak, to a multiplicity of objective (matter-filled or material) experience at the base.

thing, activity, amount or place in it. The moment we do this, we change our *experience* from that of purely and fully God to no God at all. We've made a "false idol." We've begun to worship a false god. We've made a prodigal of ourselves and our world. We've set up a personal, selfish self whose primary impulse is self-survival and secondary impulse is self-satisfaction. In this way we have created a *belief* of difference and separation from God, truth.

Belief *is* the pairs of opposites. With belief infusing awareness, our experience is discolored, mistaken, misperceived, confused and misunderstood. We live as a being of mistaken identity in a universe of mistakenly identified experiences. We believe we are simply "who we are"—human, of a certain gender, race, character and nature constituting some measure of good, and some of bad. Equally, we believe every person to be "who they are," a person in and of his or her own self, and every object, place, activity and amount to be "what it is," an entity in and of its own self.

Yet all is God, not different and separate "hes, shes or its." All is one, not multiplicity, difference and separateness. Unless we realize this, all the spiritual instruction we read and attempt to demonstrate is inspiring but frustrating because we cannot, no matter how hard we attempt to do it, bring God to humanity, physicality or matter. Humanity, physicality and matter are all believed reality, not reality itself. Only God-spirit is reality. But the moment we realize the mistaken identity we've lived with, then drop it and go to where God is, we quickly have our release from belief and our freedom in spirit.

ELEVATE CONSCIOUS AWARENESS

"Going to where God is" can be likened to rising in an elevator from the first to the top floor of a building. The experience available on the top floor is entirely different from that on the first. While it is true that no metaphor is adequate in explaining truth or God, an occasional metaphor is (with a little spiritual discernment) a wonderful gateway to the straight and narrow "ah hah" of realizing and evidencing God.

Let's say we have been living on the first floor of a twenty-floor building, and we now wish to experience the greater luxury, the people, the spaciousness, the harmony and the view which exist on the twentieth floor. How do we achieve it? We cannot bring the twentieth floor and everything it has down to us on the first. That is impossible. The only way we can reach and experience the twentieth floor is to *rise to where it is*. We get into the elevator and rise to the top floor. When we have arrived, the greater luxury, the people, the extra space, the harmony and the view are as free as the air to us. It *is* what the twentieth floor *is* and *has*. When we're there, we *have* it, and we can fully experience it.

If we now wish to enjoy the roof garden with its elevated vista, the sunshine and fresh air, the greenery and beautiful colors and fragrance of the flowers that exist up there on the roof garden, we again have to rise to where it is. We cannot bring the roof garden down to where we are on the twentieth floor, or any other. The only way—the one way—we can experience the roof garden is to *go to where it exists*. Once we have arrived, the entire experience is as free as the air for us to enjoy. Do you see? Then you are on the verge of witnessing miracles throughout your mind, body and world this day, this week and forevermore.

When you understand, really hear and "get," that God is *consciousness,* pure consciousness with no matter in it whatsoever; and that God is *all,* there being none but God; and then when you get on with rising to where God is instead of attempting to get God to "come down to where you are," you quickly begin to witness the truth and freedom of God throughout your life.

Rise in awareness from humanity to God, from matter to spirit, from the corporeal to the incorporeal. Empty yourself of the belief in humanity, physicality and materiality, and fill every thought and sense of you with spirit.

> I am, *and besides* me *there is none else. Therefore, the "I" that I am—the "I" and the "I am" spoken of in all the scriptures of the world—is consciousness. I am pure consciousness, pure spirit. I am incorporeality not corporeality, infinity not finiteness, omnipresence not local, personal or temporal presence.*

Do not be concerned if belief still lingers in your mind. You will understand the truth of mind as we continue, and how to take control of the mind.

For now, be assured that when we understand God to be the *only;* and when we begin to drop concern and effort for physicality and materiality in and of its own self, and instead fill our awareness—our every thought—with spirit and truth; and as we begin to *rest, relax and be more peaceful* in or because of the truth we now know, God is able to "shine through" and reveal its image and likeness as the forms of our experience, including the healthy form and function of the body.

In and as and "through" the stillness and transparency of being, *there God is* as the tangible image and likeness of itself as experience. The fog of belief is dispelled, and the truth of mind, body and world is perfectly clear and visible. We have "risen" to where God is, to where God *as* mind *as* formation is tangible and real and as free as the air for all to experience.

Ten

GO TO WHERE GOD IS, PART TWO

God is consciousness, and because God is all, consciousness is all. All there is is consciousness, and "besides me [besides consciousness] there is none other."

We have to take this truth literally. If we allow belief to rule and do not sufficiently rise into an atmosphere of spiritual awareness, we will observe our world through the lens of belief, and say, "No, the world and universe are not consciousness but matter; the mind is mental and the body is physical with internal organs and functions on which life depends. Mind, body and world are exposed to both good and bad powers, conditions, characters and governments. A sleuth of the world's bad powers can hurt the mind, contaminate or injure the body, or cause it to become ill or diseased. The whole world exists separate from and outside of me, in which I have to survive and hopefully live happily, safely and securely. I can understand that consciousness exists 'in' or is the 'essence' of the universe, but my world is filled with *matter*—flesh and blood, wood, stone, metal, concrete, brick, paper and plastic. It is filled with many different varieties of life and life-form—plant life and form, flower life and form, fruit life and form, animal and insect life and form, and many others. I live in the computer and internet age which certainly affects and often governs my experience, my business, my home and family. I largely depend on the many utilities, products and services of modern day living and the dollars I need to pay for them. The fact that consciousness is all is wonderful to know, but what *practical* use is it to my every day life, happiness, security and fulfillment and to the healing of that which is lacking or limited, painful or diseased?"

You see, if we allow belief to govern our senses we cannot see through its fog to reality. Belief about what "is" and what "is not" is too strong. An internal argument begins to rage as soon as we open up spiritually. "If all is spirit, therefore harmonious and good, and if spirit heals false experience, why does my disease or lack or pain not yield? Where is the harmony and wholeness of spirit if spirit is all I am?"

The answer is that, for a short time, we still believe there is God *and;* we still believe in spirit *and* matter, or God *and* "this world." The healing of experience in all its ways and all its forms comes the moment we have *only God* as all—God *as* mind *as* form.[1] Lay belief down; put belief's ideas and convictions to bed. Now, free of belief, fill your awareness with God and spirit. Spiritualize your awareness. Use your thought as it is supposed to be used, to gently ponder and concentrate on pure spirit and truth. Then, very soon, you will see the wonder of truthful form emerse through the dissolving fog of belief.

RISE IN SPIRITUAL AWARENESS

God is consciousness, pure consciousness, and because God is all, consciousness is all. And because God, consciousness is *one*—the omnipresence of *one alone*—the whole of God exists right here as you, and as what you are, what you are made of, what your organs and functions are, what your mind, body and universe are.

One is not made of two or more. *One* does not have a sub-division or a variation of itself or different departments forming different forms from different materials. *One is*. That's it, there is nothing else about or in existence, and nothing else that *can exist*. *One* is all there is; *one* is the only existence, the only presence, the only mind and form (or body); *one* is existence itself with "none other."

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[1] See *The 7 Spiritual Steps To Solving Any Problem* by Paul F. Gorman

You are that one—the *whole* of that one. The whole of oneness is fully manifest, fully demonstrated, fully visible and tangible, fully existent and real as everything about you—as each and every place of your consciousness at the same time. You live and move and have your entire being as, and in the infinite ocean of, consciousness. And because consciousness is infinity, omnipresence and eternity, you live and move and have your entire being as, and in, infinity, omnipresence and eternity. Every cell of you, breath of you, step of you and place or form of your experience is the whole of God, the whole of infinity, the whole of omnipresence and eternity.

This is who you are, what you are, what you are made of, what your experience is and is made of, and what you have. Besides this one reality, there is no other reality about you.

Only oneness is. Wherever you look, there I am. *Whatever form or condition you think about or observe, it is* I *because none but I exist. And because* I *am omnipresent—never partially present, and utterly unable to be so—you and everything of your experience, every form and detail, is always the entire omnipresence of* me.

The whole of spirit and truth exists, and is the very substance and form of every breath of you, every cell, atom and subatomic particle of you, every frequency of you, every thought of you, every moment, every millisecond, every microsecond of the presence of you *happening*. That milli- or microsecond is the whole of God, fully existent, happening as you, happening as me, as all—the whole of infinity, the whole of omnipresence, the whole of eternity, the whole of one.

All there is is one, infinity, omnipresence, incorporeality, eternity—fully existent and formed at and as every place of itself at the same time. *Oneness . . . oneness . . . oneness.* And oneness is consciousness not matter, not physicality or materiality, not time and space or cause and effect, but pure and omnipresent, eternal, unchanging consciousness.

I AM THE BODY

I am the body, I am the life. I is consciousness; therefore consciousness is the body, consciousness is the life.

If you are still thinking, by any degree, in terms of locality, if you're thinking in terms of "you" as being personal, finite and local, or as your body being an isolated organism made up of complex, vital organs and functions, and consisting of a certain degree of size, weight and beauty, and having lived a certain number of years, lift out of such belief now.

Rise in awareness; spiritualize awareness. Get into that elevator and rise to the top floor. Rise to a higher level of awareness where only consciousness exists—pure consciousness with no matter in it whatsoever; spirit without form; pure existence without shape, name, activity, amount, condition or place; without cause and effect, time and space.

Rise, rise. Realize that you are consciousness. Your body is the body of consciousness. You are this very minute one hundred percent infinite, free and omnipresent at and as every place throughout infinity at the same time, the "you" of you being spirit, God. "I am that I am."

Isn't that astonishing, wondrous and beautiful? Isn't that freeing? This truth is literal. Truth is not *to become* your experience one day, year or lifetime in the future. Truth is the truth of you here and now, this minute because truth is the only reality just as the truth of math is math's only reality. Omnipresence *is* right here and now; God *is* right here and now; infinity and eternity *are* right here and now, and are the *only* here and now—not one second in the past or one second in the future. Omnipresence is forever right here and now. The whole of God, fully present and formed, fully existent, manifested, demonstrated, visible, real and tangible is what you are, and all is here, now and eternally.

Nothing more can be added to you, nothing. Nothing more of infinity can be added to you—you *are* infinity. Nothing more of life can be added to you—you *are* life. Nothing more of eternity can be added to you—you *are* eternity. The very life you are is eternity itself existing as you and your life. The very life you are is your body—life itself existing as the full embodiment, the full "image and likeness" of itself alone as your life and body. There is no other life or body, there is just *the one life* fully embodied with, and as, and being itself alone. The one life is the only life—life eternal, never born and never dead; never aging, never becoming tired or weak, worn out, decrepit and then one day dead.

Eternal life is the very life you are, and have, this minute and forever. And because life is the one embodiment, life is your body. What is that life? What is that body? What is that eternity? What is that omnipresence? What is that here and now? *Consciousness.*

You can experience your life eternal, your pure life, your free, vital, whole, limitless and perfect life this minute by realizing that it is *consciousness,* not mental, not physical. Consciousness is body, the only body. No life—consciousness—is unembodied. There is no such thing as "unembodied" God or consciousness. God is forever embodied; God is forever the body of itself, and because God is the only, you are that body, I am that body, and all is that body.

Experiencing the truth and freedom of the body is a matter of higher awareness—*spiritual* instead of material awareness. Higher awareness reveals the higher sense of body, the spiritual sense of body with no matter in it whatsoever, therefore no material or physical good *or* bad in it whatsoever. The one requirement is to *rise* into spiritual awareness. Get "into the elevator" and rise in awareness.

Consciousness is life. Consciousness does not "contain" life; consciousness is *life. Consciousness does not "become" a body; consciousness* is *the body.*

The moment you grasp this you are free! Consciousness is life. There is no other life, there is no other "place" life exists, there is no other "state" of life or form of life. Consciousness itself is the life, the "place" where life exists, and the body of life. *Rise* to where life exists. *There* your fully healthy, vital and strong body *is*—fully real and tangible. Rise to the "top floor" or "roof garden" of awareness—the spiritual kingdom where the body is forever healthy and vital—rather than dwelling on the "ground floor" of existence, the "physical" sense, which is subject to both good and bad states of health. *Rise to it,* do not expect it to come down to you. Once you have risen *to it, there it is,* the fully embodied experience of that level of awareness. Each degree of "lifted to" spiritual awareness *is itself* the healthier, more harmonious and freer forms of experience. The healthy, harmonious and free body exists this minute and forever, but it must be risen to in awareness—that's all. Healing is not what it seems to be, nor does it happen where it seems to be needed, but is the *rising in awareness* to where health and wholeness forever exist—to where there is no matter, therefore no good or bad, but spirit alone. "Where health and wholeness exist" is the state of spiritual awareness—the awareness of spirit as all, God as all, consciousness as all.

Where the belief in matter exists within us, the pairs of opposites exist in experience, but where spirit alone exists in awareness only spiritual experience exists.

"I am the Lord, and there is none else—there is no God [life, body, truth] besides me." Consciousness is the life, and besides consciousness there is none else. Life exists nowhere else, or as nothing else. Life does not exist in a form in and of its own self. Life is in, and is itself, *consciousness.*

Life *is* consciousness; consciousness *is* life. If you are seeking the truth of life or the healing of the false sense of life, seek consciousness and then you *have* all the life consciousness is and has—all the life God is and has; vital, eternal life. You are consciously eternal, and continually opening in awareness to more of your eternity—infinite, divine eternity.

Consciousness is the secret of the healthy, vital and eternal body because consciousness is life and body—life forever embodied. *Rise, rise.* Let all physical or material belief drop away. Turn to consciousness itself, and realize—

I am pure consciousness. There is nothing else about me but consciousness. The I *I am is the one, universal consciousness, the mind I have is the one, universal consciousness, and the body I have is the one, universal consciousness.*

I live and move and have my being in the infinite, omnipresent ocean of consciousness. I am consciousness; consciousness is what I am.

If you were to gather up in front of you everything you are and have, everything—your mind and body, your loved ones, your friends, neighbors and colleagues, your belongings, your home, your vehicle, your work, your neighborhood, country and world and everything everywhere of it all—all of those beings and belongings, no matter what name, character, quality, quantity or condition they appear to be in and of their own selves, are not that. None of what appears to be is what you are or have—what your "lot" in life is.

What you are and have is *consciousness.* Consciousness *is,* and is the intelligence, substance, presence, form and activity of everything of existence. Your being is consciousness, your mind is consciousness, your body including its organs and functions is consciousness; your family is consciousness; your friends, your belongings, your home, your work are all consciousness. Everything everywhere in the entirety of your existence is consciousness, not the physical or material, not the object, activity, amount, place or condition it seems to be at face value.

As you rise in spiritual awareness you rise also in spiritual experience. The rising in awareness and the rising in experience are one, not two, not separate. Higher awareness does not *produce* higher harmony; higher awareness *is* its form of higher harmony. You begin to experience the spiritual body, spiritual love and relationship, spiritual work, spiritual things, spiritual home and neighborhood, city and country, world and universe. You begin to experience the harmony, freedom, union, peace, joy, happiness and truth of the spiritual kingdom—the true kingdom.

Consciousness is your truth. Consciousness is your life. Consciousness is your body. Consciousness is the entirety of you, the wholeness and oneness of you—the one life of you, the one body of you, the one experience of you. *Oneness and wholeness, not multiplicity and separateness*—not "you" versus "me" and "all others" as personal, separate, isolated beings with minds and bodies existing in a large world filled with good and bad. This is all *belief alone,* much of it drummed into collective being by orthodoxy.

Drop all belief now and rise into *oneness*—the elevated awareness where only God exists, only consciousness exists, only spirit exists. Once you have "arrived" at an awareness of consciousness-being-all, you are and have all that consciousness is and has. Consciousness is infinity, omnipresence, eternity. The whole of good is what you are and have throughout your experience when you have consciousness-as-all filling your awareness. Good exists in all its ways and forms right at your feet, all around you, at every place you are, and as the content of every observation because as you stay in a living awareness of consciousness-being-all—as you realize that the *whole of your consciousness* is your body, and is God, is good, is harmony, is peace—then wherever you go, whatever you do, and whatever you observe are that of pure consciousness, pure God, pure spirit, pure good, pure harmony, pure peace.

You've given up judging humanly, physically, materially and you've begun to judge spiritually. The tangible experience of health, harmony and wholeness is automatic as you become ever more spiritually aware instead of materially aware, just as the tangible experience of the top floor or roof garden is automatic *when you have arrived there*. As soon as you are "up there" everything the top floor or roof garden contains is as free as the air to your experience. *But you must get there;* you must rise to where *it exists*. "Where it exists" is in spiritual awareness, the awareness of *one* not many, of omnipresent spirit without form (as far as belief would describe form), without body, without amount, without place, without activity, without name, without condition.

Leave matter behind and rise into spiritual awareness, to the incorporeal, to pure consciousness. When you are there, you will discover that everything of God is freely you, freely available to you, and freely flowing in and as and throughout everything you do. Rise into pure consciousness. Never again seek some "thing" from God. Never again go to God for some nameable good. You will fail. "Ye ask, and receive not, because ye ask amiss." You are attempting to get God to "come to where you are," to fix you, heal you, pacify you, prosper you, bring you love and happiness; yet attempting this, or expecting that it can happen, is as impossible as attempting to evidence the top floor in the basement. You cannot do it. God is not available at the "human" or "physical" or "material" level of awareness. Spirit is not available as matter, omnipresence is not available as local presence, and infinity is not available as finiteness—anymore than the top floor is available on the first.

You would think it ludicrous if flight students expected the vista of earth from 40,000 feet to be available on the ground. It simply isn't! The only way we can experience the vista of 40,000 feet is to rise to 40,000 feet! At that altitude the vista is as free as the air. Yet spiritual students expect God to heal *them* at *their* level of awareness—*their* health, finances, relationships, businesses, and world.

God *is;* God *already is.* And because "God saw everything that was made, and behold, it was very good," there is no bad in God whatsoever. *That's* where we find our health, wealth and harmony throughout life. We mustn't attempt to have God-harmony here, where "we are." We must rise to where *only* health, wealth, harmony, joy, love and freedom forever exist—and that is "up" in God consciousness. Rise to *where* God is; rise to *what* God is, to pure consciousness.

I am pure consciousness. I is consciousness, consciousness is I, and because consciousness is one, I am one. The entirety of my consciousness is not the personal sense of it I may be having, but God, the one and the only.

Because God is forever embodied, or with-body, God is my body; therefore my body is consciousness—the incorporeality, infinity and omnipresence of consciousness, which is the incorporeality, infinity and omnipresence of body.

Because my body is consciousness and not matter, it is and has nothing finite or local about it. It is and has omnipresence and infinity. It is not an object; it is never objectified—it is incorporeal, spirit and truth.

I am, and my body is infinity, not finiteness; I am, and my body is omnipresence, not local presence; I am, and my body is incorporeality, not corporeality. I am, and my body is consciousness, not mind and matter. I am, and my body is consciousness itself.

I am that I am.

Your only work is to rise in spiritual awareness. Then all "else" automatically heals, becomes healthy, harmonious, plentiful and purposeful because at the "level of spiritual awareness" all good and harmony already *is.* This is the miracle of truth.

Do not seek the forms of life as if they were an entity in and of their own selves. They are not entities. Only God is, therefore God is the only entity. Seek life itself—God itself—and all the good and abundant forms quickly emerge through the dissolving fog of belief. Do not seek to gain the good things of earth or to be rid of the bad things. Both good and bad material (earthly) things exist only at the "lower level" of human, mental, material, physical awareness. At the "higher level" of spiritual awareness good and bad do not exist; just spirit exists. This is why we seek just spirit, never matter. We cannot seek any kind of material experience spiritually. It will not work, and cannot—just as we cannot seek light by using darkness.

Jesus gave it to the world in this way: "Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. . . . But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you [added unto or emerge as your experience]." But never seek these good "things" *themselves* because, if you do, you are seeking thin air; you are seeking an imagined entity rather than the one real entity which is God itself. When you know this you hold in your hands the greatest secret ever given the world, and that is that *only God is*. Therefore, when you seek God alone—not for anything *else* (because there is nothing else), but seek God *as* God *for* God *to* God—then formation is revealed to be the "image and likeness" of God rather than of good and bad. The *truth* of form becomes evident—"heaven as it is on earth." This is the automatic and infallible experience of the "higher level" of awareness, *spiritual* rather than material awareness.

Rise in awareness. Seek spirit itself—pure consciousness—as and for the experience of pure spirit, pure consciousness alone.

I am consciousness—not human, not physical, not material.

I lift my entire awareness, my entire belief, my entire understanding, my entire sense up and away from that of human, physical, local and temporal, and that of internal versus external vital organs and functions in my body, to that of spirit or consciousness being what I am, what my mind is, and what my body is.

I lift away from the belief that "my mind" is "me"—the character and nature of me, the intelligence, wisdom and ability I "have." None of this is true because only God is; therefore the only "me" I am is the me God is. "I and the Father are one. . . . I of my own self am nothing. . . . There is no God [life, mind, body, world, universe] besides me." It is not true that "my mind" is my consciousness, my intelligence, my awareness faculty. The consciousness I have, the mind I have, is the one consciousness and mind that is God—incorporeal, infinite, omnipresent and eternal.

My consciousness, my mind and my body are just as much evident fifty feet away, one hundred feet away, 1,000, 10,000, 25,000 feet, a quarter of a million miles away, and infinitely away as they are right here because I am one and omnipresent, not separate and locally present.

I am life itself; I am omnipresence itself; I am infinity itself; I am eternity itself. "I am that I am" because the only "I" that is is the I that God is, besides which "there is none else."

The infinite is the only, and exists fully at every place of itself at the same time. Therefore, I am that; I exist at every place of my consciousness at the same time. The fullness of me exists at every place of my consciousness simultaneously. The fullness of me, the whole of God, the whole of the infinite, the whole of awareness exists at and as every place of my consciousness at the same time.

I am omnipresent; I am never local. I am infinite; I am never finite, never restricted, never bound by anything including place. Consciousness cannot be contained or bound. There is no limit in consciousness. There is no place in consciousness. Consciousness is infinity, omnipresence, eternity and because consciousness is the only, I am consciousness—infinite, omnipresent and eternal.

The health and freedom of the body is experienced as consciousness. As I rise into spiritual consciousness, I discover more and more of the truth of me, the freedom of me, the eternal life of me, the ever-present love of me and my experience.

I can never be without love as I rise into the consciousness that is love. Love is as free as the air, and witnessed everywhere about—including the one *form of love that is my individual true and eternal love—as I rise in awareness. I discover that love holding hands with me, here everywhere I am, the very moment I have risen into the consciousness that is love, omnipresent.*

I find that my entire consciousness is full of love, full of loving gesture, loving impulse, loving activity, as everyone and everything about, throughout the entirety of my experience, as I rise in awareness to where love is. As I walk through my consciousness in the risen degree of love-awareness, I observe and experience love everywhere about.

I observe the beauty and generosity of being. I have the constant opportunity to give love because I am and have an infinity of love. I give and serve of my substance, my truth, my spirit everywhere about. My world invites me to share with it, to serve it. My entire world invites me to give my love, my spirit, my substance to it, to him or to her, and I witness him, her and it giving to and serving me as I am living the risen degree or level of awareness where love is, where the purity and oneness of substance and truth exist.

All of this is my one being and body of consciousness without division, separation or difference. I live and move and have my being in my one body of consciousness, as my bodily function, my bodily activity and service. My consciousness is my body; therefore my entire universe is my body. I love it and I serve it, and it loves and serves me—all being one, all perfect, all the omnipresent synchronicity of love, wisdom and union happening in experience.

Every cell of my universe, every atom—my consciousness, remember, consciousness—is love, is one, therefore in oneness and love with "every other" place and form of itself. The oneness and wholeness of love exists at every point of infinity at the same time. Therefore, every place and form of my body of consciousness is the whole harmonious one. Discord, disease, lack and limitation do not exist; only oneness and wholeness exist everywhere throughout consciousness because consciousness is what I am and what I have as experience. There is none else.

Gently, ever more, let go of the sense of locality, the physical, local sense of body. Leave local sense behind and rise into spiritual awareness, into the truth of body, which is consciousness alone.

"Up here" in spiritual awareness, we can begin to understand that every cell of the body, every "cell" and "atom" of the infinity of consciousness, the body of consciousness, is love itself, life itself, God itself—fully present, fully existent, fully manifested and demonstrated, fully visible, fully tangible as the whole of itself at every point of the universe at the same time. There is no space left over throughout the entirety of you—the entirety of consciousness—for anything "else" to exist. Your whole body of consciousness is love itself, life itself, wholeness and completeness itself, in union with and as the whole of itself; your whole body is one, is love, is life, is harmony and fulfillment *being* every point and form of *itself alone* at the same time.

Nothing but love and life are evident as I realize that my body is consciousness—pure consciousness. I then have, and can rest in, and can begin to use as my divine purpose, my body, which is my consciousness, because my body, as I realize it to be pure consciousness, is now free. It is free in and as infinity. It has the resources of the infinite. It is forever vital, alive, vibrant, purposeful. I can now serve my world, my body, my kingdom with divine purpose. I can fulfill my purpose of being as I realize my body, my purpose, my service are all consciousness.

Pure consciousness is what I am. Pure consciousness is what my body is. I and my body are one, and that one is God, and God is consciousness. So I am, and my body is, and all is consciousness—pure consciousness.

When you stay at the center of your being—when you do your best to seek or "keep your mind on" God for the experience of God itself rather than for the experience of "material" health and harmony—you are safe and protected. It doesn't matter how urgent, threatening or overwhelming the problem seems to be, nor its category—health, wealth, harmony, peace or justice; neither does it matter how close to death or destruction the problem seems to leave you. When you seek God for God itself, the kingdom of consciousness for itself, then you are safe. You are protected from actual harm of any category even though the problem may often seem very real and very threatening.

Staying at the center of being not only keeps you safe but is also the beginning of your ability to witness healing and harmony of not only "the body" but of all lack, limitation, disharmony or injustice. Let's go through the healing experience now.

Let's say you are experiencing an illness, disease or injury, or any other form of discord, disharmony, pain or suffering. The first truth to realize about it is that all illness, disease, lack and limitation, no matter what its category, is not what it seems to be but is *a lack of living God awareness*. Every person is the being, presence, substance and body of God and nothing "else" or "other" or "different" because only God is. You are fully existent, alive and embodied truth this minute, and eternally. You are fully existent, pure and unblemished consciousness; you are, and all are divine being which has been mistakenly identified and labelled as "human" being. Suffering of any sort is simply an *unawareness* of this truth.

The way of witnessing the healthy, vital (healed and whole, truthful) body is to take your attention completely away from "the problem" (and, in fact, away from the whole "physical body" itself), turn to God, and then seek God's kingdom purely for the experience of *it itself*—not for the experience of "physical healing." God or spirit has no matter in it whatsoever, nothing physical or material whatsoever, and so seeking the healing of matter or physicality is a waste of time. "Ye ask, and receive not, because ye ask amiss."

Even if you are experiencing pain or fear at this moment, start lifting your awareness. Try to, as best you can, rise into spiritual awareness. Leave matter behind and fill yourself full of spiritual truth, spiritual fact, spiritual reality.

Seek pure consciousness. Realize that the sense of body or disease that is suffering and painful, is not the truth of the body. The root of all illness, disease or injury is never what it seems to be but is a *lack of God awareness*—just as the root of all incorrect math is a lack of math awareness. Four x 4 equals 12 is not an actual problem, not an actual entity or body, even though as long as we are stuck with "it" (a lack of math awareness), we experience the "illness, disease or injury" of it. The quick and infallible solution is to recognize what the problem in fact is, and then lift into the truth of math. *There* we discover the harmonious "16" of 4 x 4. The only actual problem was a lack of math awareness, and the only true and everlasting solution was heightened math awareness.

In this way, all illness, disease and injury *in and of their own selves* are illusory sense caused by a lack of awareness that all formation (all body) is God. The body is *spirit* not matter, spiritual not physical. Illness, disease, injury and dysfunction are *belief* that form is something other than or different from God. That belief—the lack of God awareness—*is itself the form* of believed experience, the pairs of opposites, the good and bad of experience. This is why health *and* ill health exist in human experience—why happiness *and* unhappiness, riches *and* poverty, love *and* hate, peace *and* war exist throughout the world *believed to be different from or separate from God.*

All discord, fear and suffering—*all,* no matter what its name or nature—is a lack of living God awareness, a lack of the light of truth. Realize this, and you are on your way directly and quickly to the freedom of spiritual being, mind, body and world which has in *it* no belief, no matter, no pairs of opposites—just God as all. The way of healing is to first know the truth, and then be still. "Be still, and know that I am God." Never attempt to "do" anything with the illness, disease, injury or dysfunction *in and of its own self.* Leave it alone. Take no thought for it whatsoever. Instead, rise in awareness.

I am pure spirit, pure consciousness, not mind and matter.

God is consciousness, and God is All, and God is omnipresence; therefore the presence that I am is God—consciousness.

The one reason I am experiencing this pain or suffering, illness, disease *or injury is that I haven't fully known that I am not mind and matter but God, spirit, consciousness.*

I am the body of consciousness because there is no other body, there is no other presence, there is no other being, there is no other mind and there is no other form.

I am spirit; I am consciousness.

Consciousness is the body. There is no such thing as "unembodied" consciousness; all of consciousness is embodied. The entire spiritual kingdom (the only kingdom) is with body. None of God, spirit, consciousness, life, existence is without body, unformed, intangible, invisible, unreal or impractical. Therefore, the "I" that I am is the embodiment of God, oneness embodied, the one embodied presence of existence itself, the one embodiment of consciousness. My body and all bodies are that. The body I am, the body I have discovered myself with at this period of my awareness, is the *one body* of consciousness, individually experienced as the "I" that I am. Do not localize your sense of body but magnify it into and throughout the vastness of consciousness.

I am and have the one, all-inclusive body of consciousness—infinite, omnipresent and eternal.

Consciousness is all there is; consciousness is what the infinitude is, and besides consciousness there is none else.

Rest belief. Withdraw your interest and fixation from the way belief has convinced you that the infinite variety of beings and forms in the world are real in and of their own selves. Lift into and stay in God awareness, the awareness of spirit being all, consciousness being all, God being all. It is this lifted state of awareness that reveals all form as its truthful good and wholeness with no opposite. Do not be concerned about form, about the body or any part or experience of it. Concern yourself just with God, spirit, consciousness, and then the form takes care of itself. Lift . . . lift . . . lift.

I am and my body is spirit, consciousness.

God is, period. God is consciousness; therefore all being is consciousness. I am that. I am consciousness, and because consciousness is oneness and omnipresence, my body is consciousness.

I am and my body is spirit, consciousness—pure consciousness with no shape, no form, no weight, no objectified, physical, material body or organ or function whatsoever.

All I am is all consciousness is. And because consciousness is the only, therefore can only be itself, I am the being, mind, body and function of consciousness and nothing other.

Consciousness is incapable of being anything other than or different from itself. Consciousness is the infinitude itself, and the infinitude is incapable of being anything other than infinity. And because the infinitude is omnipresence, it is fully present at every point of itself at the same time. Absolutely nothing exists but the omnipresence of infinity. The whole of the infinitude (the whole of omnipresence, the whole of consciousness and everything infinity, omnipresence and consciousness are, and have) is fully existent at every point of itself simultaneously, and because there is "none else" I am that, and all is that.

I am, my body is, and my entire world and universe are pure consciousness, pure spirit, pure infinity and omnipresence. This is life inclusive of all forms of life (life and form being one and inseparable, indivisible).

Consciousess is infinity, omnipresence, and eternity fully formed, visible, tangible and present at every point of itself simultaneously. I am, and all is consciousness; therefore I am, and all is the infinity, omnipresence and eternity of life, and besides this life I am, there is none else. I am that, I am, I—that is all.

Life can never be ill, diseased or injured, can never suffer, can never be in pain because all such experience is corporeal, yet life and body are *incorporeal.* What "other" power or formation exists that could be antagonistic towards life, make life ill, diseased or injured? There is no "other" power and there is no "other" formation. There is only one, and that one is incorporeal—consciousness, God—pure and eternal life, fully existent at every point of itself at the same time. Where is there, in that case, anything but the one, incorporeal life and formation? There is not. Therefore you are that one life, I am that one life, all is that one life.

Now that I realize that I am the life and the body of consciousness, my senses are filled full of the living awareness of life, and nothing but life.

I am and have the infinity, omnipresence and eternity of life—inclusive of all of life's forms. I am aware of life and nothing but life at every point of myself at the same time. I am and have life, and life alone. I am life—I am life infinite, omnipresent and eternal.

I am life eternal. All of life is forever fully, totally, infinitely present as formation. I am that, and there is none but this one life. As I become aware of this truth, my senses are filled with the living awareness of life and none but life; therefore all formation in my experience is the formation of the one life, the one truth.

Every being and thing I sense is that one life; every being and thing I experience is that one life and none else. As I realize this one truth, my experience becomes that of the one truth. I am the infinity, omnipresence and eternity of life itself, there being none else.

As you rise in awareness in this way—as you seek the kingdom of God, the kingdom of consciousness in this very way—you are safe. You are always safe the moment you begin to live, as best you can, at the center of your being. "The best you can" is always enough. As soon as you even "touch fingertips" with God, God has you, and you are safe and sound. Every minute you devote to seeking *I*—the kingdom of consciousness, the being, mind and body of pure consciousness—you are home, protected and safe.

Seek I for itself, not for what belief believes you need I for. Seek the infinite, the incorporeal, the omnipresent and eternal that is the true you in all its ways—the you and body of consciousness, the only you and body there is, the only I, the only presence of you there is (which is never local, never physical, never of a particular shape or size or weight, but your consciousness, infinite, omnipresent, eternal, incorporeal). In doing so you are filling your awareness with the light of truth, healing your experience, healing your senses. Every minute you devote to this is another minute of healed experience. Make sure you hear that—every minute you devote. Therefore devote as many minutes of each hour as you possibly can. This is the way.

On the other hand, every minute we attempt to "bring spirit down to our level" of material existence or experience—to heal *it,* harmonize *it,* or pacify *it*—we are failing. Let's make sure this is truly understood. Every time we think in terms of a physical or material condition, a describable and nameable condition, and then believe and hope that God will harmonize or heal *it,* we fail. "Ye ask, and receive not, because ye ask amiss."

However, every minute devoted to *rising in awareness,* to seeking the kingdom of God itself for itself alone, the kingdom of consciousness itself for itself alone, *is* the evidenced forms of mind, body and universe which exist as and at that level of higher spiritual awareness. Each degree of higher spiritual awareness *is* the universal form of itself. This is why each minute—literally each minute—devoted to seeking truth, to rising in awareness, is the healing of experience, the healing of the senses, the healing of mind and body.

Eleven

WHAT IS CONSCIOUSNESS?

A student recently asked, "What is consciousness?" This is an important and fundamental question that we are never "too advanced" to explore or re-explore. In such exploration we dispel the false, personal, local, human sense of being, mind and universe and awaken to truthful, *spiritual* being living the spiritual experience. As soon as truthful awareness is attained, truthful experience stands all around us as the one formation of reality because truthful awareness *is* truthful experience. This we know, but the question is *how*? Exactly how is truthful awareness attained?

We must always start with the one premise, the one truth and principle, that *only God is.* Nothing whatsoever but *God-is* exists. Everything, everywhere present, infinitely and eternally present, is God. Nothing exists but God, and God is spirit and truth, the incorporeal. Therefore nothing exists but spirit and truth—incorporeality, infinity, omnipresence and eternity (and any other synonym we may use for God). God is spirit, truth, incorporeality, infinity, omnipresence, eternity. Therefore, what God is *not* is matter, untruth, corporeality, finiteness, locality or local presence, temporality or temporal presence.

God is spirit; God is incorporeal; God is the infinite, omnipresent, eternal one, and "besides me [that which God is] there is none else."

God is life. That which we call *life* is *God.* Being *is* life *is* God. God *is* life, life *is* God. God or life does not exist *within* being; being and everything of being, inside and out *is* God *is* life.

God is life. God is *the* life, and because God is one (there being none else) God is *the one life*. The life you are, the life I am, and the life all is is the one life that God is. There is no other type of life, no different type of life, no variation of life, no lesser life. God is life, the one life; therefore all life is that *one God-life*. The Master gave it to us: "I am the life."

I (God) am the life. I *is* the life, and there is none else. I *is* life, *the* life, there being no other or different or lesser life in all of the infinitude. God is one; therefore God is *the one life,* the one existence. There is not God "and" life, or a God who "issues" or "gives" life, or God the father-mother who creates or gives birth to God the son and daughter. With reverent spiritual discernment the ancient language of scripture must be understood and then brought up to date. Because only God is, and because God is one and omnipresent with no other, we understand that God is the one and omnipresent life, the one life of all, there being none other, none different, none less. God is *the I* of being, and besides that *I* there is none other; God is the *one life,* and besides that one life there is none other.

Life, the one life, the one existence, is the only. Life is *the* infinite itself, *the* incorporeal itself, *the* omnipresence itself, *the* spirit itself, *the* eternity itself. Life—because God is the only, the infinite, the incorporeal, the omnipresent, the eternal—*is itself* infinite, incorporeal, omnipresent and eternal.

Life is infinity; life is incorporeality; life is omnipresence; life is eternity, and life inclusive of life's experience never varies, lessens or dies.

God does not vary or change. That which is the only cannot vary or change, nor does it have a need or reason to vary or change. Why would wholeness and perfection have a reason to vary or change to become less whole and less perfect? Why would that which is infinity, omnipresence and eternity vary or change to become finite, locally-present and temporal? Why would God, which is the only, the utter and unconditional good of all, vary or change to become multiple, consisting of both good and bad? Why would it and how could it? The answer is that it would not and cannot. The only has nothing "else" or "lesser" or "different" it could change into, and no reason to do so even if it could (which it cannot).

God is incapable of becoming not-God, something other than or different from or less than God. Infinity is incapable of becoming finite; omnipresence is incapable of becoming local presence. If it were possible for infinity to become finite and omnipresence to become local presence, infinity and omnipresence never would have been infinity and omnipresence in the first place. Only finiteness can be finite, and only locality can be local—both of which are false sense alone, not reality.

God is the only, and God is incorporeal not corporeal. God is *the* infinitude itself, *the* eternal itself, *the* spirit itself—*the* life itself. Therefore, life *is* incorporeality itself, *is* infinity itself, *is* eternity itself, *is* omnipresence itself, besides which there is none else.

We must, in order to awaken to what's been said so far, completely disregard what "we" believe we are and have—"our" sense of being, mind, body, world and universe and everything everywhere of it; of thing, friend, love, relationship, amount, condition, place and activity. Forget everything we, as human beings, have been taught is real. Forget common education and sense. We do not want *common* education or sense but *spiritual* intelligence, wisdom and sense. Disregard the world view and fill your awareness with God alone. Fill your every sense with the light and magnitude of spirit, infinity and omnipresence not the dark, finiteness and limited presence of belief.

Read and re-read truth one hundred times, one thousand times, ten thousand times! Fill your every cell, every moment and every sense with spirit and truth, and nothing "else" or "less." That's what it takes for us to "shake" ourselves free of the common belief therefore the common experience. It is what every illumined being has done, including Jesus, Gautama, Mohammed, Shankara, Lao Tzu, St. John, St. Francis of Assisi and every other. “Love the Lord your God, and serve Him with all your heart and with all your soul, that I will give you the rain of your land in its due season, the first rain and the latter rain, that thou mayest gather in thy corn, and thy wine, and thine oil.” Fill your every moment of awareness and every sense with the truth that *God alone is*. Flood your senses with truth until truth awareness overflows, spills out, and fills your universe.

It is the flooding of the senses or awareness that illumines and awakens being to that harmony of *is*. This is the way of it. Listen to, read, and ponder truth morning, noon and night until you feel its presence within and throughout your being. Permeate every grain and moment of you with truth. The only way to do it is to disregard the human sense—belief and appearance—and to devote the entirety of you, or at least majority of you, to truth.

Do not attempt to compare truth to human experience or condition. Do not attempt to apply truth to human experience or condition. It will not and cannot ever work because the “human” experience and condition are nothing more than *believed* experience and condition, a false *sense* of that which is true; a false sense of being, mind, body, world and universe. Completely disregard the human sense and, in an emptied, open, receptive, willing and welcoming state of being, read the pages of this book. Soak yourself in the message morning, noon and night, and you will be surprised at how quickly truth begins to take hold of you and become alive as your thinking and experience.

The truth you are to soak yourself in is the truth we are hearing throughout these pages and throughout every Miracle Self book: the truth of oneness, the truth that God is the only, and that God is consciousness, therefore that you are consciousness, your mind is consciousness, and your body is consciousness. When you are doing this, and when you begin to feel the truth of the truth, then comes the next stage. Listen to the Master: "I am the life." *I* am. *I* … *I* …

Listen to Moses: "I am that I am." Again we hear *I*.

The Master again: "Fear not, it is I. . . . You are ever with me, and all that I have is yours. . . . I am the food of the world. . . . I am the light of the world." Again and again, we are given the word *I*—the reference to *I*.

So the logical question is, what is *I*? Surely, if we can understand what *I* is, we can understand our truth of being, mind, body and world, our freedom and how to attain it. We can understand our wholeness, our purpose, our harmony, our abundance, the truth that is the truth of God, the only truth, the only being, presence and condition.

What is *I*? *I* is *consciousness, existence, life, the only.* I is your, and my, and every being's and every thing's aliveness. I is life itself, *the* life itself, *consciousness itself.* I is consciousness, aliveness, awareness, beingness, existence itself.

I am consciousness. I am the consciousness I am conscious with. Consciousness is my conscious awareness. I am conscious with consciousness, and the consciousness with which and as which I am and I live, is the consciousness with which and as which my body is and with which my body lives.

Whatever you are observing at this or any moment, you are observing with consciousness. That which you are observing is also consciousness because there is none but consciousness. All is one, and that one is *consciousness*. There is none but consciousness, God, spirit. Every being and thing that is, is consciousness being it. Consciousness is conscious of consciousness; consciousness is conscious of itself alone because there is nothing but consciousness, therefore nothing "else" to be conscious of.

That makes perfect sense, does it not? Consciousness cannot possibly be "unconscious"! There is no such thing as "unconsciousness" in the omnipresence of consciousness, which is the one and the only existence, substance and form.

Because consciousness is one, the "observer" and the "observed" are one. Oneness observes or experiences itself. Consciousness is forever conscious of itself as individual you, me and all. What "you are observing" is "observing you" too—oneness aware of the whole of itself. All is the one consciousness happening. There is no "here" or "there," "inner" or "outer," "me here" versus "him, her or it out there." All is one, omnipresence, fully aware and formed at every point of itself *of* every point of itself.

The objectivity (world and universe) of experience does not matter. It is nothing in and of its own self; just mind-formation, mind-imagery. All is consciousness no matter what mind-form is experienced. Never be too interested in form itself; never be concerned or tempted to make effort towards or for form—either to be rid of the bad or to gain more of the good. Consciousness is the real, the one, the spirit and the truth; therefore all interest and "effort" is centered in seeking the truth and living experience of consciousness, God. "Seek the kingdom of God and his righteousness [the truth of the spiritual kingdom]." Become aware that consciousness is all that exists. Consciousness is everything everywhere—omnipresent, infinite, eternal and without any "other."

Consciousness *is*. Consciousness is not conscious *of* objects of experience—the world, the universe and the infinite variety of objects and activities happening within it. Consciousness *is* the infinitude fully alive and conscious of itself. Consciousness is one omnipresent whole. Humanity believes each individual is conscious of its body, its immediate surroundings and conditions, its world. It believes it is conscious of things and conditions outside of and different from itself, and that the world of different things, powers and conditions affects it either positively or negatively.

Belief says, "I am conscious *of* the room I am sitting in. I am conscious *of* the forms in my room—the couch, chairs, a table, books and the shelves they rest on, decorations, pictures, flowers. I am conscious *of* the window and the view through the window—the trees and flowers, the birds and bird song, the colors and fragrances. I am conscious *of* all I see, hear, taste, touch and smell. I am conscious *of* the thoughts I am having moment by moment." But consciousness does not exist within or even *as* "us," a substance or faculty "we" *use* to be conscious *with*. There is no "us" or "them" or "it"; there is only God, consciousness, the one omnipresent whole.

Without consciousness I am and have nothing because consciousness *is* existence, *is* everything everywhere, *is* infinity, *is* omnipresence, *is* all form. Without consciousness there would be no existence. Consciousness *is* existence itself inclusive of the infinite forms of existence. Consciousness *is* what I am and have. Consciousness *is* my entire universal experience and its every formation. Consciousness is what *all* is. Consciousness *is* what my being, mind, body and universe *are,* what all being, mind, body and universe *are,* what all form, thing, condition, place and activity *are.* And consciousness is fully aware of its omnipresent self, not *from* a "local" position named you or me *to* a "different" position named another person, thing, place or activity but *as one, omnipresent, equally-present all-inclusive and self-inclusive, fully aware being experiencing its universal formation.* If I am not conscious, I do not exist because the I that I am is consciousness itself. I is life and that I is consciousness.

I does not exist within my mind or body or universe; I *is* being, mind, body and universe. This is the great secret—I is consciousness, I is all. "I am that I am. . . . I am the life, the water, the wine. . . . I am the Lord, and besides me there is none else. . . . The earth [all of experience, all formation] is the Lord's [I's], and the fullness thereof. . . . Fear not, it is I"—it is consciousness, pure and unconditioned consciousness, unblemished by belief and false sense.

God *is* consciousness and because God is all, all is consciousness. Everything everywhere, despite the way it appears to be, is God, consciousness—*fully* God, *fully* consciousness. God or consciousness is, to belief, invisible and intangible, unmanifested and undemonstrated versus materiality or objectivity which is visible, tangible, manifested and demonstrated. It is believed that God is the "infinite invisible" whereas the world is the "finite visible." Yet what is this belief but another pair of opposites? God is not the pairs of opposites but is one, that one being fully visible, tangible, manifested and demonstrated. There is no such thing as invisible, intangible, unmanifested and undemonstrated God. Can belief truly believe that God is invisible to itself, intangible to itself, unmanifested and undemonstrated in its own experience? Or maybe belief believes there is a self "other than" God, a "human" self which is different from God, and which has to somehow make the "infinite invisible" visible, the "intangible" tangible; that has to master manifesting and demonstrating skills in order to "bring forth" that which is real yet "unmanifested and undemonstrated" to become manifested and demonstrated. *What is such belief but utter, illogical duality!*

God *is,* and is the only *is*. God is all—the all-of-all and all-in-all. One cannot be two, the only cannot be many, the infinity of spirit cannot "also" contain matter, mentality, physicality, corporeality. All cannot contain something "else" or "additional" which is different from itself alone. Omnipresence cannot contain different states of presence, some being invisible, intangible, unmanifested and undemonstrated while "others" are the opposite: visible, tangible, manifested and demonstrated. Omnipresence is what it says, omnipresence, *the fullness of one presence being all.* We must use basic logic in truth. If God is infinite and omnipresent there cannot be anything other than or additional to that *one* which is God. God is fully itself alone as omnipresent existence. How could something "else" exist if God is all-in-all and all-as-all? An illogical mind would say there is all "and." No! How can there be all "and" something additional, something else, something different? If there was all "and," all would not be all, but partial. Of course, such belief is not only illogical but utterly untrue.

Webster defines "all" as:

1a : the whole amount, quantity, or extent of
1b: as much as possible
2: every member or individual component of
3: the whole number or sum of
4: every
5: any whatever
6: nothing but: only:
6a : completely taken up with, given to, or absorbed by
6b : having or seeming to have in conspicuous excess or prominence
6c : paying full attention with
7: used up : entirely consumed

Certainly, there is no possibility of "all" containing or including anything "else" outside of itself or additional to itself. All is literally all, leaving no "other."

In truth awareness, the word *all* or the state of *allness* is very important to understand. All is one or oneness. God is, God is all, oneness is all. All, the only, the one, is literal. Therefore, because God is consciousness, consciousness is the only, the all, the one.

What we observe as everything of "me" and "this world" is not the corporeal self and world that it seems to be at first glance. It is God, oneness, entirely incorporeal. We simply have a corporeal, objective *sense* of the incorporeal. That which is one hundred percent incorporeal and omnipresent (God, spirit, consciousness) is *sensed as* finite and local objectivity—form of infinite variety and category; bodies, activities, organs, functions, trees, flowers, birds, colors, fragrances, dollars, weights, measures, relationships, neighbors, homes—everything everywhere.

The corporeal sense is what we have named as being "real, visible, tangible, practical" because we have believed it *of its own self* to be reality. Students regularly ask about the "real world." They hear about God, about spirit and truth and the life, love, harmony and abundance that God is. "But what about the 'real world'?" they ask. Their "real world" is in fact the unreal world! We have been raised to believe the corporeal as being real when in fact the corporeal, in and of its own self, is unreal. Only God is, therefore only God is real. And because God is all, the real and in fact only world is God—the *spiritual* world (universe). This is true in the most actual and practical way, but it has to be understood before it becomes real *in experience*. "Know the truth, and that very truth will set you free."

Each level or degree of mind (one of the "many mansions in my Father's house") is its own universe of formation. What we call the "human" mind is itself the world we experience. In and of its own self our mind and its universe are pure God, entirely devoid of belief, innocent and impotent, the one existence of God as this level of mind, "earth as it is in heaven." Only belief about experience fills experience with the good and bad. Belief is itself good and bad because every belief has an opposite. Without belief only God is, only heaven is; only life, love, harmony, peace, abundance and fulfillment are.

In truth and actuality there is nothing but God in, and as, and being the multiple forms of experience. But belief fills experience (not reality) full of good and bad. With belief infused in experience, experience in its infinite variety of form appears to consist of both good and bad. It never is good and bad but it appears to be. Remove belief and all good and bad are also removed, and we are left with God alone. Our universe is experienced *as it is*—the God universe, innocent and impotent, divine and purposeful, "full of the goodness of God" alone. God is mind is universal formation. The seeming "three" (God, mind, form) are not three but one. In oneness you can see that because God is mind, mind is nothing but, and full of God—pure, unconditioned God. And because mind is formation, formation is equally nothing but, and full of pure, unconditioned God. Mind has not changed and cannot change God very presence, the aliveness, the beingness of your presence happening. This is God itself happening—the presence of God, of truth, *your truth* being tangibly experienced. In your stillness and quietness, the presence you feel happening, your life felt happening, your aliveness felt happening, is the very presence of God itself happening as the whole of itself, as you.

Feel the presence, the peace, the spaciousness, the sense of release, the infinity, the freedom that you are, and have this minute! This is your truth, your only truth. God *is,* and that *is* is your truthful being and body, world and universe in eternal harmony and wholeness. You are that—the whole of *I,* the whole of *is* this minute and forever. Oh, be free in truth! Know that the *I* of you is God, never any degree less than or different from God. "I and the Father are one. . . . Be still, and know that I am God." *I am,* and there is only one *I am,* that being God, spirit, truth. The "I" referred to in scripture is your I—your entirety, your *consciousness*—for there is only one. Because there is only one, the *I* of every Master's "I am that" is the *I* you are and the *I* I am—just as the "I" the sun is is the same "I" the sunbeam is.

BEING AND BODY ARE PURE CONSCIOUSNESS

Your being and body are pure consciousness, pure spirit, omnipresence, God, life-and-body eternal. When we observe or experience our body, we are having a corporeal or physical sense of that which is one hundred percent spirit or incorporeal—the divine body of pure spirit, pure consciousness without any matter in it whatsoever.

Here and now, your body is that—pure spirit, pure consciousness. Spirit is the only, therefore the only body. God has not changed, nor ever can change, into a physical body with physical organs and functions. God is God, and besides God there is none else. Therefore, here and now, your body is the body of spirit, the body of consciousness: pure spirit, pure consciousness without physical structure, form, shape, weight, organ, function or locality. Your body is free in and as spirit this very minute. It is the body of consciousness, infinity and omnipresence; not matter, finiteness and local presence.

Your body—this very body—is eternal. It is never born and it never dies; it never ages, never becomes ill, diseased, injured; it never degenerates or becomes dysfunctional because it is spirit not matter. Only matter (which is nothing but believed sense) can be born, grow, mature, and then become ill, diseased, injured, degenerated, dysfunctional and eventually dead.

You are the being of *spirit* with the body of *spirit*—eternal, almighty and omnipresent. You are infinity individually experiencing itself as "you," the individual presence of life and body itself, about individual, divine purpose. Your being, body, world and universe are infinity and omnipresence—the one power and all-knowing formation of being.

Keep your mind forever filled with the truth that God, being infinite, being the only, being omnipresent, being everything everywhere, is *consciousness*. God is not matter or objectivity; God is not a "he, she, it, thing, activity, amount, condition or place." God is everything infinitely everywhere. Sense experiences the one as multiple, as an infinite variety of beings, things, activities, amounts, places and conditions. All of this is good (God) and true as long as sensed experience in and of its own self is not *believed*. Belief misperceives and then believes its own misperception. Foolish belief! What we do to dissipate belief is realize that everything everywhere, infinitely and eternally, is the one presence that is God, that is consciousness. In this realization, we are home. We are safe and protected. We are on the straight and narrow way, walking into the awareness, therefore the tangible body of our freedom.

My very consciousness is God consciousness because consciousness, *God, is one, the only, indivisible, inseparable.*

God is the only being, mind, body and universe; therefore I am that. God is the only presence; therefore the presence I am is the presence God is, all one, omnipresent and the same.

God is the only; therefore I am that one, that only because I cannot be different from the one and the only.

Truth is the infinite ocean of oneness—the one and only life, the one and only presence, the one and only being and body. You are that—individual yet inseparable as the one; I am that—individual yet inseparable as the one; all is that—individual yet inseparable as the one.

I am the infinite ocean of consciousness, forever experiencing the one I am. I observe an infinite variety of aspects of the one infinite ocean of consciousness that I is as I, that God is as all.

The more I believe belief—that which seems to be—the more I am limited by, and as, the experience (forms) of that belief. No belief is unembodied, so the belief I believe *is* my experience. I experience all the belief I entertain as my embodied mind, body, world and condition. No belief is true. No belief is reality. No belief is an entity in and of its own self. But I have to live with the forms of belief until, in the discovery that God is all, I drop belief and live in, and as, and by God as all.

As I observe what I believe to be "my" (mental and physical) self and the "real" (material) world—"my" thoughts, "my" body, "my" relationship and family, "my" neighbors and neighborhood, "my" business, "my" world and everything going on in "my" world—I am imprisoned by the limitation of whatever I believe because I believe the forms, activities, conditions and places of experience to be *real* in and of their own selves.

In material belief, I consider my mind to be a personal, private domain, and my thoughts to be personal to me. I consider my body as my personal, physical body separate from all other bodies. I consider my home, yard and the grass, trees, flowers, fruits, berries, colors and fragrances in it to be mine, different and separate from my neighbor's. And I believe that all that is mine is my responsibility to maintain, supply, nourish and protect—with much of that responsibility being dependent on my education, knowledge, skill and sometimes luck. We could carry on discussing the endless belief we as "humanity" collectively and personally have, but why would we? To do so would be to continue entertaining that which is *not*. To continue entertaining that which is *not* is as senseless as continuing to entertain 2 + 2 = 3.

Belief infuses mind, therefore formation (because mind is formation) with false or foggy imagery. Belief *is* false experience. As long as we live with belief we live with false experience—experience filled with the good and bad of the pairs of opposites. You can quickly see that this is true by examining any belief and discovering that every belief has an opposite. It doesn't matter what subject or condition the belief is about, it has an opposite, and because belief is experience, experience is filled with an infinite variety of good and bad opposites. Every step, every hour, every amount and every activity is filled with opposites, forever tugging at each other, each attempting to win the moment. Our experience is filled with conditions, concepts, opinions and convictions and until we drop them and fill ourselves with God awareness, we are imprisoned, limited to just the scope of belief.

Let us—this day!—stop the insanity of belief. Let us rise into the truth that *only God is*. Let us realize that the infinite variety of form and activity we experience is nothing in and of its own self but is actually God—therefore incorporeal, infinite, omnipresent and eternal good without opposite. Let us ignore that which seems to be—both the good and the bad—and live in and as God alone.

The only thing, the only body, the only organ and function, the only world and everything everywhere of it, therefore everything everywhere of individual experience, without exception, are actually, literally pure God, pure consciousness, without physical structure or form, without locality, without height or weight, name or gender, past or future, without age, without parent, child or grandchild.

As we observe what belief describes as a person or object or place or condition, realize that what we are actually observing is a form of God and nothing but God. The form is simply a formed experience of this level of mind, and it is good alone, God alone. The form is entirely innocent and impotent—the image and likeness of the one presence and power of God alone; the one life, love, beauty and purpose alone. As we observe moment-by-moment formation (person, place, thing or condition) we are observing the very presence of God—the whole of omnipresence, infinity and eternity as that formation. "If you see me you see the Father who sent [is] me." Yet belief will believe the form is just, and no more or less than, whatever he, she or it may appear to be in and of its own self—human, animal, vegetable, mineral, animate or inanimate. If we accept what belief reports as being reality in and of its own self, then everything we observe certainly appears to be real. And the "me" observing it all—"my" mind, "my" thoughts, "my" five senses—also seems to be real. Belief—the tricked ego—is blind to that which is.

The only presence, the only life, the only being, the only mind, the only body, the only world and everything everywhere in it, and of it, is God, spirit, oneness—*consciousness.*

I am, and all is consciousness. I am, and I live, and I move, and I have my being in, and as, the infinite ocean of consciousness. The infinite ocean of consciousness is, and lives, and moves, and has its being as me. I am consciousness. I am infinite and omnipresent. I am eternal here and now.

I am that here, now, this minute, not in some other or future lifetime.

There isn't a future or another lifetime. Where would a "future" exist in the now and oneness of omnipresence? When and where would another or different lifetime exist in the now and oneness of omnipresence? This is it! Here and now I am the life—the one, eternal and omnipresent life.

I, God, am life—life eternal, there being none other. Therefore all life, all being, all mind, all body, all experience is the one life eternal that God is. No other or different or lesser life exists.

I am that I am.

You might say, this is all well and good but how do we arrive at the place of being able to tangibly witness the good of God as all? How do we rise in spiritual awareness to the point of tangible experience? How do we achieve the promises of truth? The answer (and the way) is that we fully fill our awareness, our senses, our thinking, our contemplation, our musing minute-by-minute with exactly what we are hearing throughout these pages until the sense of *God* or *spirit* as the only reality becomes real for us; until the material sense of mind, body and world becomes unreal, and truth, spirit, omnipresence becomes our reality—our one reality.

We still see, hear, taste, touch and smell, but these senses begin to awaken spiritually rather than remain materially imprisoned. We are still aware of our being, our body, our loved ones, home, neighbors, world and universe, but we know it all to be forms of spirit not matter. "I am in this world but not of it." I am spiritual being with the spiritual body living in the spiritual universe. I live and move and have my being in and as spirit, and spirit lives and moves and has its being in and as me. In this way I am free in truth, and so is my world because I and world (experience) are one. Wherever I am, there is freedom, truth, liberty. "Where the spirit (consciousness) of the Lord is, there is liberty." Where the substance, the presence of truth is there is the image and likeness of truth as formation.

This is our work—the work of rising in awareness from material to spiritual. Jesus tells us, "The harvest is rich but the laborers are few." Yes, very few are sufficiently willing and devoted to make sure they are aware of truth morning, noon and night, to fill their minds with truth, to tenaciously withdraw belief from that which seems to be and to fill their senses with truth alone. Those who find themselves sufficiently motivated indeed discover the rich harvest of truth, the elevated awareness where the good of life is free to serve with, give and share, and where life is happy, purposeful and abundant—"heaven as it is on earth."

Constantly, day and night, night and day, be aware of this truth:

> *Consciousness is I, and besides I, besides consciousness, besides God, there is nothing else whatever. Therefore, by definition and perfectly logically, the entire objective form of "this world" is objective sense not reality. As "human" mind I have a corporeal sense of that which is one hundred percent incorporeal—spiritual, infinite and omnipresent.*

My sense (and the collective corporeal sense) makes spirit appear to be matter, infinity appear to be finite, omnipresence appear to be locally present, and eternity appear to be temporal. The corporeal sense in and of its own self is not untrue but forever true. *Only God is; God is the only presence and power and so nothing changes God nor can it.* It is only when *belief* is added to or infused into sense that experience becomes untruthful. The minute belief is added, experience is plunged into pairs of opposites, cause and effect, time and space, variability, unreliability, temporality—untruth.

Belief—a lack of the light of truth—is experienced as illness, disease, injury and decrepitude, lack and limitation, hunger, unhappiness, cruelty, insecurity, injustice, racism and scorn. It is why and how a person catches a cold or contracts a cancer. These two extremes of bad experience (and any extremes of bad we wish to examine) are extremes of a lack of God awareness. They are the presence of shadow or dark, an unlit awareness. They are not real entities because only God is, therefore only God is entity. Both the cold and the cancer are beliefs which eventually become evident as false activity and formation *seeming to be real.*

Belief *is* unillumined awareness. The very belief in even the possibility of activity and form other than, or different from God—the *one,* the *only* presence, activity and form—is itself unillumined awareness. This lack of illumination—lack of God-filled awareness—is itself the good-versus-bad experience of mind, body and world whether that lack appears to be of health, wealth, love, beauty, talent, purpose, peace, harmony, happiness, abundance, safety, security or freedom. As soon as awareness is illumined—filled with the light of truth—all dark dissolves in awareness as naturally as night dissolves in the light of dawn. We must remember that dark is not an entity or reality but simply a *lack of light*. In this way, we realize that the dark of awareness experienced for instance, as a cold or a cancer is not an entity or reality in and of its own self. *Only God is real.* The form of unillumined awareness called either "cold" or "cancer" is quickly proven to have no actuality, no power and no formation in the light of spirit. Spiritual presence dispels and dissolves all unreal (un-God) formation as easily as light dispels and dissolves all dark.

What of the two extremes, a cold versus a cancer—or any other of the thousands of lacking, limited, unjust and painful experiences many billions suffer in one form or another? All sickness, disease, lack, limitation, pain and suffering are the belief in life, mind and form being something other than or different from God. Every experience of life which lacks a totality of good, equality and freedom of being is experience devoid of God awareness. It does not matter what the name or nature of the bad is, its root is unillumined awareness, a lack of God awareness. It is collective belief taken on as self belief—belief appearing to be real (as all belief does). As soon as belief is dispelled in the light of truth, all forms of belief (good and bad) dissolve to reveal God-form as mind, body and world. Mind, body and world are revealed to be the "image and likeness" of God rather than of belief. The pairs of opposites dissolve to become one which is good (God) alone. The belief in an "inner" versus an "outer" dissolves into the truth of oneness, *consciousness* being all and omnipresent. The belief in different-ness and separation from God or truth dissolves and omnipresent oneness emerges as reality.

I and God are one and the same because only God is, only one is, only omnipresence and infinity are.

God and experience are one because only God is, only one is, only omnipresence and infinity are.

"I and the Father are one. . . . I am the Lord, and besides me there is none else. . . . The earth [mind, formation] is full of the goodness of God. . . . I am that I am." In this living awareness all dark is spontaneously dispelled to reveal truthful being, mind and formation.

The dissolving of all that is untrue is spontaneous because dark is not an entity. If it were an entity it may require a process and time to dissolve, to heal. But an entity it is not. Dark is nothing but a lack of light, a lack of illumined (spiritualized) awareness. Because a lack of spiritual awareness is not an entity it offers no resistance to truth. The instant the light of truth begins to fill awareness unawareness dissolves. Dark exists no longer and the untruthful forms of dark (discordant and disharmonious experiences) dissolve just as quickly. Do you see that? Do you see that nothing of dark can exist in the presence of light?

Realize that your truth exists in all its form this minute. Truthful you, mind, body and world are the only real existence and are fully manifested and demonstrated this minute and forever. The only reason you do not tangibly see truth is because you live with a measure of unlit, unillumined awareness. The answer and the cure to all ills, lacks and limitations is to illumine awareness; spiritualize awareness. That is all you ever need to do, and it is all humanity as *filling with peace and spaciousness, harmony and peace which fills my universe. I discover that wholeness and peace is my universe and its every formation—the one presence, everywhere and equally present, the one omnipresent formation of wholeness, harmony, spirit and love.*

My senses behold the good that is God filling and being everything everywhere. I witness God as being, God as mind and God as form—the mind and formation of peace and harmony, joy and happiness.

I begin to witness the omnipresence of God as my world, my reality. More and more of truth bursts out of every being, every situation and every condition; more of infinity becomes real and tangible as every amount, every activity and every place. No longer is there an "inner me" or even an "inner God" versus an "outer" world of otherness and difference. As I become ever more aware of consciousness being all, all becomes the reality of the good and harmony of oneness and omnipresence palpably experienced.

The truth of truth is that despite the way anything anywhere appears to be—good or bad, healthy or unhealthy, rich or poor, large or small, friendly or unfriendly, young or old, vital or decrepit, happy or unhappy—the only presence is God; therefore the only presence is good, spirit, omnipresence, infinity, harmony, peace, purpose and eternity, the "land of milk and honey," heaven as earth (formation). Consciously knowing this, and resting in the *is* of it, is the secret of witnessing truth where there appears to be untruth, light where there appears to be dark.

This is how healing "works." We do not have to "do" anything to heal our bodies or aspects of our world other than lift into God awareness and then live as God-being experiencing its universe of God-formation. Never again must we be fooled by belief, by that which appears to be. We must constantly disregard that which appears to be and realize that God itself is the only being, mind, body, world and universe. Disregarding belief and its multitudinous pairs of opposites presents us with God alone, with that which *is* rather than that which is believed to be.

It is in the light of spiritual awareness that we witness truth throughout being and experience—the life, plenty, harmony, peace and fulfillment of not only individual being, family and neighborhood but of all our world. The truth and freedom of God emerges through the fog of belief to be the reality it is for everyone everywhere.

Rise in awareness, realizing that all is God. This is our one work and one effort morning, noon and night. Then we begin to witness ever more of God as all: of good, of omnipresence being the very presence and activity of all, of infinity being the substance and form of all we do and all we give, and of love and equality being the truth of all people who enter our consciousness. Everywhere we are in spiritual awareness *there* the presence of God, good is witnessed whether it appears to be human, animal, plant, vegetable, cells, atoms, animate or inanimate; *there* is the presence of love and life, the light of truth and the freedom of spirit.

"Where the spirit [consciousness] of the Lord is, there is liberty."

Twelve

THE VISIBILITY OF GOD

Whenever truth stirs devotees into unrest you can be certain the light of spirit is breaking through. Belief is weakening and being dispelled. The personal sense becomes uncomfortable and irritable as its pairs-of-opposites mind, body and world begin to dissolve.

Fear often wracks us as we begin to awaken to truth. Lifetime after lifetime our sense has been embroiled in belief rather than free in truth. Now, everything we have known and relied upon is being taken away and replaced with *God-as-all.* A battle ensues and continues within[1] until the moment of release from everything human and material. From that moment freedom of being and world is experienced and a truthful life of unending health, love, purpose, happiness, abundance, freedom, giving and service begins.

The instruction to *rise in awareness* and *go to where God is* rather than expecting God to "come to where we are" is certainly a disturbing message for the "beginner" spiritual student. Yet it is the most beautifully clear and instantly freeing truth for those who can hear it. Let us explore it a little more and in that way release any remaining fear and attachment to the belief in materiality.

It is as impossible for God and all that God is to "come to us" as it is for the top floor and all that it is to come to the basement or the first floor. If we wish to experience all the top floor is and has, *we must go to it.* In the same way, if we wish to experience God and all that God is and has, we must go to where and what God is—to the *consciousness of God.* We must lift our awareness in order to experience the harmony and wholeness of God as our mind, body, world and universe.

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[1] The "war within" and the struggle for self-mastery is classically depicted in *The Bhagavad Gita.*

Many teachings suggest that God or God consciousness, prayer, meditation or silence reach humanity—healing, pacifying, prospering or harmonizing *it,* making the world more just, moral, equal and loving. Metaphysical teaching is full of "our" being able to reach for and gain God's health, wealth, abundance and love for "our" benefit. It suggests we need to (and can by various metaphysical techniques) assist God; or even influence and persuade God to bestow its boundless good (which for some reason metaphysics believes God is withholding) upon us and our world condition. This belief explains the fundamental inability of individuals (particularly the many millions around the globe who are spiritually inclined today) to tangibly evidence the presence of *already-and-eternally-existent* truth as mind, body and world. Until the *principle* of truth is understood and lived, truth will forever remain a mystery and seemingly out of reach—seemingly invisible, intangible and impractical.

Some years ago I noticed a spiritual teacher announcing a series of classes titled "The Mystery of Truth." Well, if truth is a mystery to this teacher, we certainly do not want to study with him! Truth is *reality*—the one and only reality. *This* is what we need to study and awaken to. "Know the truth, and that very truth will set you free." As long as it is believed that God is a mystery—"invisible, intangible, unmanifested and undemonstrated"—we will continue to have teachings instructing us on how to "make God" visible and tangible, manifested and demonstrated. Friends, realize that there never is a need to "make" visible and tangible that which is already visible and tangible! There is never a need to "manifest and demonstrate" that which already and eternally is manifested and demonstrated. Would you buy into a teaching that instructs you on how to "manifest and demonstrate, and make visible and tangible" the number "4" for 2 + 2? No, 4 is *already* visible and tangible as 2 + 2.

There is no need to "make" it "visible" and "tangible," no need to "manifest" it or "demonstrate" it. The only need is to "know the truth" of math and then that truth "will set you free" with an infinite number of 4s from which you can benefit, and which you can freely give and share unto eternity.

In this way, realizing that God is *principle* (the finished kingdom, already and eternally one, whole and omnipresent, forever visible, tangible, manifested and demonstrated) let us stop the nonsense of such false metaphysical idea and hope, and lift here and now into pure and perfectly evident truth.

Realize that God is all, and because "all" means all, there is none else. *All* cannot have something "additional" or "other" or "else"; otherwise it would not have been all in the first place. God is all *means* that God is *all*. Nothing is left over; nothing but God exists. God is everywhere and equally present *as all,* there being none else. God is the only presence, the only being, the only mind, the only form, the only condition. God is itself the substance, presence and form of all—of that which is you, your mind, body, world and universe and everything in and of it; of that which is all being, all mind, body, world and universe and everything in and of it.

I am that. I am nothing less or else or different or other because there exists nothing less, else, different or other.

I am the one substance, presence, mind, body, world and universe for there is none else. I am that I am.

The key to the entire understanding and experience of awakening is captured in the realization that *I am consciousness.* God—all—is *consciousness,* and besides consciousness there is none else. God is consciousness and consciousness alone. God does not change or transform itself or become a different type of substance and form. God is God and cannot ever be different or less or changed. God has not changed into "human" form as "us." Spirit has not changed into matter as “this world” and everything in it. God is infinity, spirit and truth and has no matter in it whatsoever, nor can it have. How can infinity, which is all (otherwise it would not have been infinity in the first place), have something other than infinity in it? How can infinity have finiteness in it? Of course it does not and cannot. Infinity is infinity alone and has nothing but infinity in it and of it and throughout it.

God is not spirit *and* matter. God has no “and” in it whatsoever. God is God and God alone! God does not and cannot change into a mental being, a physical body and a material universe even for a second, even for a moment, even for one so-called lifetime. God cannot. God is *the one, the only, the all.* Only is itself alone and is forever being itself alone as all. Because God is the one, the only, the all, there is nothing “else” that can be. *Only God is;* God is the all-in-all and all-of-all.

BESIDES GOD (SPIRIT) THERE IS NONE ELSE

“I am the Lord, and besides me there is none else.” Well, if “I am the Lord” which is *incorporeal* and *spiritual* (there being none else), yet you and I are believed to be *human* and our world *material,* somewhere a grave misunderstanding exists. “Lord” in scripture refers to *mind,* and because mind *is formation,* “the Lord” in “I am the Lord, and besides me there is none else” simply refers to the “human” level of mind experiencing its formation. Our human universe of formation is described by Jesus as “one of the many mansions in my Father’s house.” We are one of the many (infinite) degrees of mind experiencing God as its (mind’s) universe of formation. We have unfortunately named ourselves “human” and our universe “material,” but neither is true. We are and all is the infinity and omnipresence of God alone, simply experienced objectively by or as the formation of our level of mind. The objective, formed experience does not, nor can it change God into different material, substance and entity. God is forever God alone, forever unchanged and unchangeable, forever pure, perfect, whole and complete. We simply have a corporeal or formed sense of that which is entirely incorporeal. But sense never changes reality. Reality remains the only real entity, perfectly and forever visible, tangible, manifested and demonstrated, there being none else. No matter what *sense* we have of self and objective experience—*as long as we realize the unchanging truth of God as all*—we are and we have the freedom, the boundlessness and unbridled presence and purpose of spirit as our being, mind, body, world and universe.

There is no such thing as "unmanifest" or "undemonstrated" God. God is one and omnipresent, the one and the only presence, entirely and forever manifest, demonstrated, visible and tangible. One cannot and does not have two states of existence, or contain two different substances or materials. God is *one* and *the only*—the one reality, there being none else, none other, none different, none less. Material belief suggests that God is ethereal and unmanifest, invisible, intangible, unreal and impractical. It believes that "our" (human) experience is different—corporeal, mental, material, physical, finite, objectified, existing within time and space, subject to cause and effect and filled with pairs of opposites. It believes that "our" five senses of sight, hearing, taste, touch and smell are not God but human, which is different and separate from God. All of this misunderstanding is nothing but the belief in sensed experience, the belief that that which seems to be is an entity or reality in and of its own self. To paraphrase Lao Tzu, "If you can name it, it isn't it." If you believe in, and then name, anything of appearance, that appearance *in and of its own self* "isn't it"—isn't God. If you make an entity out of that which seems to be; if you make a "false idol" out of anyone or anything that presents itself to you, it "isn't it"—isn't God. But remove *belief* from appearance and now *only God is* appearance, formation, the totality of experience. "Do not judge by partiality, but judge a just [truthful, God-is-all] judgment." (John

7:24, Lamsa translation.) Realize forevermore, *the only thing that ever presents itself to you is God—infinity, omnipresence and eternity.*

GOD IS, NOT WILL BE

God exists fully now. God is oneness and nowness. God does not exist in the "past" or in the "future." Therefore, there is no time and space in God, in truth; and because God is omnipresence, there is no cause and effect in God; and because God is all, there is no time and space nor is there cause and effect in visibility and tangibility. Think about this; think deeply about this. This realization is the key to your freedom of the world and all of the world's goods because the world is simply God experienced as formation. Visibility and tangibility have nothing to do with time and space or cause and effect. God is the only visible, and God is the only tangible and none but God. And because all of God is visible and tangible to God (God consciousness), all that God is and has is visible and tangible to you and me the moment we live as God consciousness rather than as human belief. "Son [and daughter], you are ever with me, and all that I have is yours."

Yet does not the whole of humanity live with the belief in time and space and cause and effect? God is finished; God is whole and complete, omnipresent now. There is no such thing as incomplete or unfinished God. Yet all of humanity believes in incompleteness, evolving experience, gain, betterment and advantage. In the human world there is forever more to accomplish, more to fix, to heal, to pacify, to prosper and to harmonize. The whole of evolution is incompleteness on its way to completeness; yet God, truth, is finished, complete, perfect. Again, "If you can name it, it isn't it" and "Do not judge according to partiality [by what seems to be, or by what is believed to be], but judge a just judgment."

If that which presents itself to us moment by moment is believed to be actual, an entity in and of its own self, truth forever remains a mystery—ethereal and impractical. God forever remains—to belief—un-evidenceable, un-realizable, out of reach or invisible and intangible to practical experience. Belief believes it has only one option: to learn "manifestation" and "demonstration" skills which will cause that which is "ethereal and impractical" to "become" real and practical. The bookstores are full of such teachings so the choices are numerous. But God is; God already and forever is, and doesn't need to become anything else or different because all already is God and the fullness thereof. "The earth is the Lord's, and the fullness thereof. . . .The silver is mine, and the gold is mine, says the Lord." All of the earth and everything everywhere in it and of it, despite appearance, is God and God alone—perfectly visible infinity and omnipresence alone.

Once you understand *this one truth* you can go through all of the works of The Miracle Self and The Infinite Way, all of the Bible, *The Bhagavad-Gita*, *The Dhammapada*, the *Tao Te Ching*, *The Gospel of Thomas*, the works of Meister Eckhart, Saint Francis of Assisi, Jacob Boehme and others (all of the great spiritual masters) and you are able to—with new spiritual discernment—understand the truth revealed throughout these great and practical teachings.

WHAT IS TRUTH?

First realize that only God is, and God is omnipresent and omnipresence itself. God is fully and equally present everywhere at the same time. No being, thing, place or condition lacks anything of God. "The earth is full of the goodness of God." There is no higher or lower consciousness in God, no higher or lower, greater or lesser presence in or of God. There is not a higher self and a lower self. There isn't even a higher self and a lower self of you and me. No presence, no being, mind, body, thing, amount, activity, place or condition is less than the whole of, the entirety of God. No one and no thing anywhere, under any circumstance, lacks the fullness of

God, the omnipresence, the absolute and utter whole of God. "The place on which you stand is holy ground." You and each "he, she and it" in your universe are holy being, mind, body and world. Only God is, and God is *one,* forever the infinite and omnipresent whole of itself as all. It is impossible for God to be partial, divided, separated, diluted or weak—to be less than the whole of itself—anymore than it is possible for math or aerodynamics to be less than the whole of itself. All principle is whole, infinite and omnipresent and unable to be less. God is the greatest of all principles and is indeed whole, infinite and omnipresent and unable to be less. God is wholeness, infinity and omnipresence *being all,* besides which there is none else.

"The earth is the Lord's, and the fullness thereof." We can replace the word "earth" with "formation" or "experience" and the word "Lord" with "mind." The experience you are having and I am having—every moment and grain of it—is the formation and activity of mind because all form is mind. Mind forms; nothing "else" forms. Mind *is* form, form *is* mind. And because God is all, mind is the fullness of God, and form is equally the fullness of God. "The earth [formation, experience] is the Lord's [mind's] and the fullness thereof."

Wherever you are having this or any moment of experience, and whatever its subject; wherever you are glancing and whatever you are glancing at; whatever you are doing and whichever him, her or it you are doing it with (whatever you are seeing, hearing, tasting, touching, smelling or thinking) you are, and he, she or it is the Lord—the formation and experience of God itself, spirit itself, infinity and omnipresence itself in all its fullness. It doesn't matter what belief reports experience and its forms to be, or not to be. What all actually and literally *is,* is God, infinity and omnipresence, despite its being deemed by belief to be human and of humanity—mind, body, its organs and functions, the formation of your surroundings, your work or business, your love, your family, your home, your neighborhood, dollars, your favorite place, your government, your country, your world or your universe.

Whatever you experience, despite the way he, she or it appears to be or act, it is God and the fullness thereof—whole and complete, infinite and omnipresent, one and eternal. God is forever that which appears to be person, form, activity, amount, place or condition. Belief tempts you to believe that all is *not* God but rather human, physical or material. But only God is, period. *Only God is.*

However, here's the rub (and the secret): God is *consciousness*. God is not a physical or material being, form or structure that you can name, perceive with your physical senses and interact with; a being or form with which you can exchange conversation, ideas, goods, dollars, love, life, happiness and freedom. God is indiscernible with material sense; God cannot be seen, heard, tasted, touched, smelled or thought about by mental, material or physical faculties. God is God alone, and the forms of God are God-forms alone, entirely invisible, intangible and unobtainable by human, physical or material sense. God is, to material sense, the unnameable, unthinkable, undetectable, shapeless, formless *incorporeal* one. Yet in truth God is the infinitude itself, the eternal itself, fully present at every place and point of itself simultaneously (omnipresent). When you know this secret and live and sense by *all being consciousness,* not matter, then God is perfectly visible, tangible and real as the image and likeness of itself throughout experience. In this (spiritual) awareness, false sense heals and true sense emerges.

Everything everywhere is God because *only God is.* Whatever we observe—no matter whether it is believed to be human, animal, vegetable, mineral, animate, or inanimate (plant, wood, metal, stone, plastic, brick or any other type of matter, machinery or technology such as the computer, the internet, the automotive world, the electronic world); no matter what it is, absolutely anything and everything of experience—is God because only God is. It is only because we experience that which is altogether God with belief about our experience that that which is forever whole and perfect seems to be incomplete and imperfect. Always remember that corporeal sense in its pure (empty of belief) state is good and true—God and truth. It is only as we add belief into experience (corporeality) that we lose the God-ness of life and then have to survive, often with a battle or even a raging war, among the pairs of opposites, the good and bad of the world that seems so real.

All concepts have a name; all finiteness has a name; all experience has a name. Belief gives itself multitudinous names—ever more and more names for the infinitely evolving and magnifying pairs of opposites of material experience. Yet all is actually one, *the* one, and none else—that one being consciousness. Let us fully understand that what has been named "God" is *consciousness*. When we understand God as consciousness, we will understand the seeming anomaly of needing to rise in awareness or to "go to where God is," rather than expecting God to "come to where we are" (which is impossible).

There is none but God, which means there is none but consciousness. Therefore, we must lift our awareness away from the belief in matter to a state of pure *conscious awareness;* we must fill our awareness, our senses, full of the awareness of consciousness-as-all, and nothing but consciousness-as-all.

Realize that because God is consciousness, and because God is infinite and omnipresent, and because God does not and cannot change into something other than itself, there is none but God—none but consciousness. You are consciousness; everything of you is consciousness because there is nothing but consciousness. Your body—and every organ and function, every cell and atom, every moment and breath, and every sight, sound, touch, flavor and fragrance you experience—is consciousness.

I am consciousness. Everything of me and about me is consciousness. Everything I experience is consciousness. Consciousness is "both" the expe-

riencer and the experienced.

Forget forms, forget names, forget the seeming organs, functions, amounts and activities of experience. Forget what they do and how they do it. Forget them all. Realize that because God is the only, and God is consciousness, your body and everything of the body is consciousness; your experience and everything of experience is consciousness.

All is consciousness. The body is consciousness, and because consciousness cannot be contained, finitized, localized, or made personal or temporal, the body, despite belief and appearance, is not a container, not finite, local, personal or temporal.

Look beyond your physical sense of body and realize that everything in your consciousness—every thing you are conscious "of"—is all *one and the same* substance and presence, all consciousness itself (including "you" the observer). You are, and the infinite forms of your universal experience are, consciousness and nothing but consciousness. As you observe, for example, your room, the furniture in your room; lights, flowers, decorations; floor, walls, ceiling, windows and what is visible through the windows, the colors you see and the sounds you hear, the fragrance of the flowers—everything everywhere of your experience—realize that it is not matter; it is not physical or material; it does not have a structural body as it seems to have to sense; but it is *God, consciousness, spirit*. Nothing exists but consciousness; *all* is consciousness.

Consciousness does not, and cannot, change into different substances or materials; consciousness cannot change from infinite and omnipresent to finite and locally present; consciousness cannot change from incorporeal to corporeal. God, consciousness, does not, nor can it ever change. The corporeal, formed experience is simply our sense of that which is forever and only incorporeal.

To understand "this world" is to understand *sense.* Imagine an infinite ocean of consciousness (you are imagining truthfully as you do this). You, inclusive of the infinity of your experience and its every aspect, element and form—every activity, amount, sight, taste, touch, smell, sound, color, place and condition; absolutely everything of your universe—are limitless and omnipresent formation or image of the infinity of *oneness, consciousness.* All is consciousness. There is none else in all of existence—no other substance, no other presence, no other form; no other being, body, object, shape, activity, amount or condition. All is the one infinite ocean of consciousness, omnipresent *as* everything everywhere, including the *observer* of everything everywhere—you and me.

It seems as if we "look out" from within us, or as us, "at" our universe and all its detail; yet each point and form of our entire universe is equally aware of "us" because only *one is*—that one being omnipresence. One, omnipresence, is *consciousness,* forever vitally, fully and wholly aware of the entirety of itself—each and every point of itself (the infinitude) simultaneously. Consciousness can neither be *unconscious* of itself, of course, nor can it be local because consciousness is omnipresence which is forever omnipresent, incapable of being local. The *whole* is equally present everywhere throughout infinity at the same time—the whole is infinity everywhere and equally present. There is none but the *omnipresent whole.*

Consciousness does not exist solely "here" as you or me nor does it exist "out there" as every form and detail of the universe. Consciousness "here" is not observing or being conscious of someone or something "out there." Consciousness is all; consciousness is the entirety of existence everywhere and equally present (omnipresent). Consciousness is one, *omni-aware.* Wherever you look, there the whole is; wherever you are, there the whole is; whatever presents itself to you is the whole of one—omnipresence and infinity—omni-aware of its entirety and completeness. Every point and place of consciousness is in full awareness of every "other" point and place throughout itself (there being none other) and indeed, *is* the whole itself.

Wherever you look, there I (consciousness) am. Wherever you are, there I (consciousness) am as your all. Whatever presents itself to you is the whole of I—the whole of one, omnipresence, infinity, omni-aware of its entirety and completeness.

Thirteen

MIND IS FORM

Mind *is* formation; formation *is* mind. Mind is "one of the many mansions in my Father's house"—one of the infinite degrees of awareness in infinity. Our mind is our body-form, our universe of formation, and because God is all and God is infinite, mind and its formation (being one) are infinite; and because God is omnipresence, the entirety of God—the infinitude—exists *as* each of the infinite degrees of mind (awareness) and *as* each and every point and formation of mind. "Our" universe is one degree of mind (awareness) within the multiverse or omniverse.

This, in brief, is the entire explanation of "us, our body, this world and universe and everything everywhere in it and of it." It's all you need as long as you deeply and thoroughly understand it and can live rested, relaxed, free and purposeful within and as oneness. If so, skip right to the next chapter; if not, let's hear more about the wonder of oneness.

Because *only God is,* there is no human being, mental mind, physical or material body or structural universe. The words "human, mental, physical, material and structural" (plus the quarter of a million distinct English language words[1] we employ to describe ourselves and our experience) all mean (and all actually are) the *one* which is *God* or *I* or *is* or *consciousness. Only God, one, is.*

The word "God" and the distinct synonyms "I, spirit, one, consciousness, incorporeality, infinity, omnipresence, omniscience, omnipotence" all mean the same. All is God; all is the infinity of God omnipresent *as* all. We experience the whole *as one degree* of awareness—this one degree we have named "humanity" and "our universe," plus the infinite variety of people and things in it and of it, or Lao Tzu's "ten thousand things."

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[1] According to the English Oxford Dictionary

Mind forms the infinity and omnipresence of consciousness into an infinite variety of experiences, but formation does not, and cannot *change* God into another or different type of form. All is the one infinite and omnipresent substance—consciousness—appearing as our universe of variety. Experience is filled with an infinite and wondrous variety of individual beings, bodies, things, amounts, activities, places and conditions, *but all one*—all omnipresence being all; all the one infinite ocean of consciousness being all. Nothing is separate from, apart from or different from God, consciousness. All is the infinity and omnipresence of consciousness; therefore, all is whole and complete and cannot be any different. All is God; therefore, God is all existence inclusive of all forms of existence.

Existence is the one infinite and omnipresent ocean of consciousness, there being none else. Therefore, everything everywhere is infinite and omnipresent consciousness, simply formed by and of mind—but never changed.

Everything everywhere is one hundred percent consciousness because there is no other substance, therefore nothing "else" from which being can derive life, body can be experienced, form can be formed, color can be colorful, aroma can be fragrant, activity can be active.

All is consciousness. All form and shape, color and fragrance, sound and sight, activity and amount, condition and circumstance—everything of experience—is simply consciousness as mind formation. But no form is, or ever can be finite, human, material, physical, local or temporal because all is God and God is changeless.

All is God, all is infinity, all is omnipresence, all is eternity, all is the one pure substance and presence of consciousness; therefore, all is "made of" and is itself the one pure substance of consciousness and "none else."

I am consciousness because God is consciousness, and because God is *the only, consciousness is the only. I therefore must be that, and indeed I am.*

God is consciousness and God is infinite. Therefore my consciousness is the infinity of God being experienced at my (the "human") degree of awareness. My experience is of that one presence, that one substance which is consciousness. I am that, my experience is that, and everything everywhere of my experience is that and that alone.

KNOW THE TRUTH

Truth alone does not free us. Truth must be known before we have the freedom of truth. We are only free in or by or as the degree of truth we know; we are not free just because truth is a fact. The same is true of our freedom with any principle. We are free in math or aerodynamics only by the degree we know these principles and how to evidence them. Then we automatically have in the most real and practical way the infinity of their "fruits."

The fact that only God is; the fact that God is everywhere and equally present; the fact that God is the very being you are, I am and all are; the fact that God is all (therefore all form, object, amount, activity, place and condition) does not make it evident in experience (any more than math or aerodynamics can be evident in experience) until it is *known and applied.*

Think. If God is *able* to be evident in the human picture—the human mind, body, world and universe—why is God not? Why has God not been evident throughout humanity's history? Why, if God is *able* to be evident humanly, does God allow the terrible wars, destructive diseases, illnesses and injuries, devastating poverty, hunger, injustice, immorality, greed, cruelty and racism to run rampant alongside the many wondrous traits and accomplishments of humanity?

Is there a power blocking God from being evident in human experience? If so, that power would have to be greater than God (only greater power can overcome lesser). But God is omnipotence, the one, the only power. The belief in a power greater than God is nonsense.

So what is the answer? Surely if God, which is love, peace and harmony of all, were able to be evident throughout humanity, there would not be, nor could there be, a single war, disease, illness, injury; one condition of poverty, hunger, homelessness, unhappiness or depression; one case of injustice, immorality, greed, cruelty or racism. If God were able to be evident in humanity, could there be anything but love and union, life and happiness and freedom of all around the world? Could there be even one simple cold or sniffle, one question or doubt, one disagreement? Could fear exist, or anything to be fearful of? No. God is love, God is one, God is life eternal—*the one life eternal* of all that exists. There is "none else." Therefore, could birth and death exist? Why would birth exist if life is eternal and eternal life is forever embodied? How can death exist if life is eternal? Life "and" body are one, the life-body eternal. Life is never without body, and never can be. Life is not ethereal, nor is it a mystery as the teacher believed. Life is here and now, real and practical—the only here and now, and the only real and practical. The concepts of "not here" and "not now" and "not real" and "not practical" do not exist in God. If they did, God would be two, not one—two states of existence rather than *one* (which God is). Certainly, life cannot be born and then be dead. Such belief is nonsensical. So why does humanity *experience* both birth and death?

It takes just a little logical thinking to realize that no human or world pain and suffering would or could exist if God were in our experience or were able to be. Not even birth and death could exist if God were able to be in our experience.

The clue to the seeming enigma is in the word "our." If God is the only (the infinite and omnipresent one, which God is), what are "we"? Have we believed we are something else, something different from God, even though we've accepted intellectually that God is the one and the only? Have we believed we are "human beings" who are less than or different from God-being? Have we believed God is somewhere "in us," or is somehow "the truth of us," but in practice far away and unreachable except by the blessed few? Have we believed that we are not blessed and that therefore God is impractical and unreal in our lives and the lives of the billions on earth? Let's expunge the nonsense of such beliefs.

GOD IS LOVE

God is love and God is all; therefore, if God were in the human scene, the world would be full of love and none else. There would not exist even one moment of intolerance, argument, hate or war; not one person would harbor thoughts of greed, injustice, inequality or racism. And because there is no such thing as unembodied God, all of humanity would be fully embodied—fully fulfilled in all form. Not one person would be homeless, hungry, in lack or insecure in any way because in God the entire "body of life" is one *as* life. No "body-part," no fulfillment of form is missing, separate or limited; God is never body-less or homeless—without the fully fulfilled formation of experience at and as every level of awareness.

"I am the bread [formation] of life. . . . I am the bread which comes down from heaven [the forever-fulfilled form of experience]. . . . the bread which I give is my body [the formation of experience is God formation, forever whole and complete, fulfilled and perfect, unconditional and omnipresent] which I give [I am] for the sake of [the experience of, the oneness of] the life of the world."

I (consciousness) am the formation of life. I (consciousness) am the forever-fulfilled form of life, of experience. The formation which I (consciousness) am as the experience of all is God formation, forever whole and complete, fulfilled and perfect, unconditional and omnipresent.

I (consciousness) am the completeness and fulfillment of being; I am omnipresence being omnipresent as you, as all.

So if I (God) were in the human scene, discord, disease, lack and limitation would not and could not exist. There would not be, nor could there be, a single act of cruelty or injustice, greed or racism. Surely it is not believed that God, which is love, and nothing but love, is also cruel, unjust, covetous and racist! That is impossible because God is the *only* presence and the *only* power; the *one* presence and the *one* power, that being love. Is the one and only presence and power of love cruel, unjust, covetous and racist? Of course not. What "part" of the one presence and power of love is cruel, unjust, covetous and racist towards "another part," and where does this "other part" exist in the oneness and only-ness which is love? Such dim belief is nonsense, therefore nonsensical to entertain. So do you see, that if God were able to be evident in the human scene, no such negative experience could possibly exist?

God is joy, happiness and satisfaction, and God is the one and the only. Therefore, if God were able to be evident in the human scene, calamity, unhappiness or dissatisfaction could not exist anywhere in the world. Joy cannot also be calamity; happiness cannot also be unhappiness; satisfaction cannot also be dissatisfaction. Oneness *is*—without opposite.

Only God is; therefore only love is, only harmony is, only peace is, only fulfillment is. Therefore, if God could be evident in humanity, there would exist nothing but love, harmony, peace and fulfillment of mind, thought, body, world and universe and everything everywhere in it and of it.

If God were able to be evident in the world, no "natural disaster" would or could exist. The world would not know volcanoes, tornadoes, earthquakes or tsunamis. It would not even know of inclement weather, either too hot or too cold. Unsafe, insecure, frightening or even uncomfortable conditions would not and could not exist anywhere in the world if God could be in the world. Where and how would these multitudes of negative conditions exist in the oneness and omnipresence of love, life, harmony, peace, joy, abundance and fulfillment that is God if God were here among us?

WHY?

The very first question we have to ask is, “Why, if God is all and God is good alone, is God not evident, and not able to be evident, in human experience?”

There is no denying that God isn’t evident in the human scene. We may argue that God is somewhat evident, that there is some good in the world, or even a lot of good. But God is *all* and can never be “somewhat” or even “a lot.” Even “a lot” of good leaves a remainder that is not good. No, God is either fully evident or fully not evident. For God to be evident more “here” and less “there” means that, in fact, there is *no* God evident either here or there. Humanity has misunderstood what God is, therefore what *it itself* is. All “more” or “less” good is nothing but the pairs of opposites, but God isn’t a pair of anything. God is neither good nor bad. Solomon warned us against believing that the pairs of opposites have anything to do with God. “Give me neither poverty nor riches.” Give me neither the experience of bad materiality nor good materiality in and of its own self. God is alone, without opposite. God is one, not a pair, not two, not otherness. “I am the Lord, and besides me there is none else. . . . there is one God, and there is none other but he.”

God is one and omnipresent, indivisible and inseparable. God cannot be partial. There cannot be a little of God versus a lot of God or even no God versus all of God. God is the only, the all, the one, there being none else in all of existence. God is all of existence, there being no “other” type or even choice of existence. God cannot be sliced and portioned like a cake, shared among many. God is never partially evident, versus more evident, versus fully evident. Only belief could accept such untruth! “My thoughts are not your thoughts, neither are your ways my ways, says the Lord.” Either God is fully evident or not evident at all. Omnipresence cannot be partial presence. Omnipresence is forever the whole of itself, fully and equally present as all simultaneously. God cannot be anything less than or different from all of itself; God cannot and does not change, alter, transform, evolve. God cannot be less today, more tomorrow and complete eventually. God *is,* and that *is* is now, never in a future; and that *is* is *fully is,* now.

Be certain to realize that when we have God, we have the whole of God. It is impossible to have anything less than or different from the whole of God because God is *one,* omnipresent, indivisible and inseparable. There is no "other" choice or possibility. God is incapable of being anything other than, or different from, or less than itself. And what is "itself"? The one omnipresent, indivisible whole; the whole of the presence of God, which has in it no absence. Presence cannot also be absence, and because God is omnipresence, there is never absence of any good thing, any good formation, any fulfillment of experience. Being (life, existence) and formation are *one,* not two, not separate, not different. Therefore, when we have God, we infallibly and automatically have the whole of God *formation*—the whole of fulfilled experience, unto the farthest reaches of the universe.

I hear you say, "Surely we already have God!" Yes, we already have God or, better stated, our *truth* is God. But is God *evident* in our experience? Ah, here is where many spiritual seekers around the globe have missed the way. If God is our truth, yet is not *tangibly evident,* something is amiss. "Ye ask, and receive not, because ye ask amiss." The first question we must ask is, *what is amiss?* The answer is that we have believed ourselves, our minds and the forms of our bodies and world to be *something in and of their own selves* rather than the one and only presence and form which is God. We have created a belief in God *and.* The moment we believe in God *and,* we establish a sense of difference and separation from what we truly are—the being, mind, body, world and universe of God.

To tangibly experience God, we have to drop belief, and then rise in awareness to be *in and of and as God* rather than in, of and as humanity. We have to leave "ourselves" behind and go to "where God is" because where God is is our entire harmony and completeness already and forever in perfect formation. In God-alone awareness, we discover that mind which is form, is unconditioned God. Mind is not separate or different from or less than God; therefore mind does not nor can it *change* God into a separate or different or lesser substance or presence. Mind is fully God because God is fully all. Therefore, form is equally fully God—the whole of God as form. It is only *belief* that clouds form and makes it *appear to be* separate or different from or less than God. When we have lifted our awareness and filled our senses full of God alone and God as all, God's unconditioned, fully present and perfect form is perfectly real, visible, tangible, manifested and demonstrated all around us. "Where the spirit [presence, consciousness] of the Lord is, there is liberty."

"I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst." Certainly, "He that cometh to me" does not suggest that God comes to us. Equally, "He that believeth on me" does not suggest that we can continue to believe in humanity, physicality and materiality. Indeed, *we* must rise in awareness—go to where and what God is—and *then* we "shall never hunger" and "shall never thirst" for any good and fulfilled experience. We must lose the sense of being human, physical and material, local and temporal. We and our experience are entirely of the one being, one substance and one presence because none but the one *is*. Nothing at all exists but God (consciousness). Only God sees God; only God awareness is aware of God form; only God being experiences God self, mind, body, world and universe.

Our work is to rise into God awareness and empty ourselves of human, physical and material awareness. All the scriptures of the world instruct us in this. You can read them if you would like to, and you will discover all the authority you wish to have. It will take you a dozen or a score of years (as it took me). Or you can hear it quickly and succinctly throughout the teachings of The Miracle Self and The Infinite Way; *The Bhagavad-Gita, The Dhammapada, The Gospel of Thomas,* and *Tao Te Ching;* throughout Isaiah, Jeremiah, John, Romans, and Revelation; and throughout the works of Meister Eckhart and St. Francis of Assisi—all of these and other spiritual treasures of the world.

Our entire truth journey changes as we begin to know the truth and, as best we can, live it. We quickly find ourselves on the straight and narrow path that leads to heavenly experience because we're immersing ourselves in true truth rather than metaphysics. We cease from taking an obscure journey of believed truth hoping to find God in either mental gymnastics or intellectual silence, and we come to truth itself. We have all experienced failure in our attempts to evidence the joy and freedom of God in our everyday lives. (I struggled and failed for twenty years.) Our struggle seems like an eternity, and then the moment of spiritual discernment breaks through. From that moment everything of life changes, and quickly.

That spiritual discernment reveals this: only God is; therefore God is mind, and because mind forms, formation is just as full of God as God itself. Only belief clouds divine and perfect form from tangible experience. Remove *belief* from experience and *there God is.*

Fourteen

ABIDE IN ME

Let us understand how awareness is lifted and filled with the light of truth—the light which reveals the fullness and glory of God as formation.

Contained in the following illuminatingly-clear instruction by the Master is the authority confirming the need to rise in awareness, to "go to where God is" rather than expecting God to "come to where we are."

> I am the vine, you are the branches. He who abides in me, and I with him, will bear abundant fruit; for without me you can do nothing. Unless a man remains with me, he will be cast outside like a branch which is withered, which they pick up and throw into the fire to be burned. If you remain with me, and my words remain with you, whatever you ask shall be done for you. In this the Father will be glorified, that you bear abundant fruit and be my disciples.

If it were possible for God to be evident in the human scene, possible for God—the one almighty principle or law—to "come to where we are," why would the Master (and I don't think any will argue that Jesus, at least according to history, is the greatest spiritual master who has walked the earth), plus every other spiritual master in his or her own way, instruct us to *abide in truth*? Why would every master warn us that if we do *not* abide in truth we are like "a branch cut off which withers and is thrown into the fire"? We suffer pain, disease, injury, hate, injustice, cruelty, failure, poverty, loneliness, homelessness, famine and even natural disasters side by side with the many joys and fulfillments of life.

Every lack of good experienced today and throughout the history of humanity, no matter what its name or nature, is rooted in one lack alone: *a lack of God awareness*. We believe our human state and our material world. We are unaware of our and our world's spiritual reality. The Master tells us that by continuing to abide in mental, material and physical belief, we are like a branch cut off, and we will wither, become weak and frail and eventually die. This is the experience of every human being (human belief). Along with many good conditions we suffer with pain, disease, discord, lack and limitation, and eventually we are thrown into the fire and turned into ashes. The personal, human sense dies because it is starved of the substance and body of truth.

If it were possible to simply sit in a chair and experience God coming to us, healing, pacifying, prospering and bringing love, justice and union to us and our world, the great masters certainly would have instructed us to do so.

Sooner or later, we all discover that God does not "come to us"—even if we devotedly pray and meditate. God does not heal, prosper, harmonize or pacify us, others or our world despite our earnest efforts to "keep our minds on God," and to "be still, and know." Even during our or our world's greatest pain, suffering and disaster, God does not come to the rescue. We have all had the experience of a non-yielding problem despite much effort to "reach" God, pray to God, even beg and plead for God's help. No, God does not, nor can it "come to" and heal the human scene any more than math can "come to" 3 + 3 equals 5 and make it 6.

God is love. Can you imagine love being absent, especially in times of need? Even human love is present to help loved ones during both good and challenging times. Greater human love flows beyond the circle of immediate loved ones to support others too, often globally. If God—which is love itself as all, the one omnipresent law and principle itself and that of each individual self—were even remotely aware of so-called humanity and its material world, we and our experience would be heaven.

The fact is, God is not in the slightest aware of humanity or a material world and universe. All principle is unaware of non-principle, of anything unlike itself. Math, as 3 + 3, *is* and can only *be,* and can only be *aware of* "6." Any "other" total for 3 + 3 simply does not exist in math. Otherness would be a non-principled result that math is utterly unaware of and therefore cannot help us with—thankfully. If math had more than one perfect, whole and complete state of body, its universe would be chaos—unprincipled and volatile. Principle cannot be unprincipled, and because principle and its form are one, nothing can separate principle from its everywhere-present formation.

God is principle—the one, almighty principle of heaven and earth and all therein. God is and knows and is eternally being nothing but its omnipresent self. You are that, I am that, all is that, and the experience of all is that. There is none else because there is no other presence—God is the only presence. It is when we *know and live by* this one truth—the one, almighty principle and presence—that we discover the principled harmony of self, mind, body, world and universe standing as us and as all formation of our experience. You, I and all are the one principle fully embodied. Everything everywhere throughout experience, from a single thought to the totality of life's detail, is *oneness* fully embodied. But, to see oneness clearly as our reality, we have to drop belief about it and lift into the heavenly (spiritual, incorporeal) consciousness. We have to lift away from the false sense of God—the belief in the corporeal, material, physical and mental being real—into spiritual consciousness. We have to be aware of—conscious of—*spirit* being everything everywhere, *spirit* being the only, *spirit* being omnipresent.

God is everything everywhere. God *is* mind *is* form, and God is spirit, the *incorporeal.* Therefore being, mind and form are incorporeal, not corporeal as they are sensed to be. We accept a false sense if we *believe* appearance—either of good or bad. It is *belief,* nothing else, that appears to be the reality of our mental and physical existence and the material reality of our universe. Our believed reality seems to be different, separate and apart from God; yet only God, oneness is. When we rise into spiritual consciousness we see it, we experience it. Oneness becomes our perfectly real and tangible reality. But if we do not realize this great truth and remain living in belief, we and our world wither and eventually die. The remains are thrown into the fire.

The "withering and dying" experience is like a branch cut off from the vine, quickly becoming starved of life, substance and nourishment. It becomes depleted of its joy and happiness, its purpose and freedom. Its fulfilling universe of good fades and fails, and eventually dies. It withers and dies because it is cut off and separated from its source. But when the branch remains *one with the vine* it lives and flourishes. It is strong, happy, purposeful, beautiful and bountiful. It is free to live abundantly and to ceaselessly give its fruits to its world.

PSALM 91

The 91st Psalm instructs us in the same truth. It is captivating, poetic and crystal clear.

> He who dwells in the protection of the most High shall abide under the shadow of the Almighty.

If it were unnecessary to "dwell in the protection of the most High"—to lift awareness and dwell in spiritual consciousness (which is "what" and "where" God is)—why would we be instructed to do so? "He who dwells in the protection of the most High shall abide under the shadow of the Almighty"—shall abide in harmony and peace, abundance and freedom, safety and security.

> I will say of the Lord, He is my refuge and my fortress; my God; in him will I trust. Surely he shall deliver you from the snare of the fowler, and from vain gossip.

There it is. Whenever we experience any kind of discord, illness, disease, injury, unhappiness, loneliness, homelessness, hunger, lack or limitation, as long as we turn away from its appearance and rise into and dwell in God awareness, in the secret place of the most high, then we quickly witness that "discord" or "lack" dissolve to reveal wholeness and harmony. Good is infallible in God consciousness because God is all and God is good without opposite. "Surely [infallibly] he shall deliver you [false sense] from the snare of the fowler, and from vain gossip [vain belief, vain awareness]."

It is being lifted in God consciousness that the whole universe of harmony *is*—that the truthful universe of being and formation is visible and tangible. Nothing but harmony and wholeness exists in God, and it is *God consciousness* that enables God existence to be seen. When we dwell in God consciousness, when we make God consciousness our living place, we *feel* the peace of being, the love of being and the harmony of being. We are, and all is, peace, love and harmony, wholeness and completeness. We have arrived at the place of God-being-all. It is a relief, a satisfaction and a freedom we *feel* happening as us—just as, in our metaphor, we feel the relief, satisfaction and freedom of arriving and then dwelling on the top floor or in the penthouse. The view is better here, and indeed the view of the universe and every form of it *in God consciousness* are forever perfect, whole and harmonious—infinite, omnipresent and eternal. Now that we have "arrived here," we can rest, simply bathe in the beauty and truth of God, and *let* God be our experience *for us*. Then, indeed we discover that our illness and disease, our suffering and pain, our lack and limitation dissolve to reveal God form.

> He will cover you with his feathers, and under his wings you shall trust; his truth shall be your shield and buckler. You shall not be afraid for the terror by night, nor for the arrow that flies by day, nor for the conspiracy that spreads in darkness;

"Darkness" is belief in matter being real. The "darkness" mentioned in scripture is simply the un-illumined awareness which exists on the "ground floor" or "basement." It is belief in the corporeal or material appearance of life, in the corporeal or material sense as being reality.

> nor for the pestilence that wastes at noonday.

"Pestilence" is the pain, the suffering, the experience of both good and bad false sense caused by belief. The actual and only "pestilence" is belief. God is nowhere in belief (and believed experience), and God cannot "come to" it. We can pray and meditate for as long as we like, but God cannot come to belief, nor can it come to us who are praying and meditating for a material result. God is God alone, and exists only "where" God is—pure spirit, pure consciousness, pure incorporeality, not corporeality.

> Thousands shall fall at your side, and ten thousand at your right hand; but it shall not come near you.

Who shall witness thousands falling at their side, and ten thousand at their right hand? Who shall witness disease, lack and limitation not coming near them? *You and I who live and move and have our beings in God consciousness;* individuals who know that reality is spiritual and incorporeal, not material and corporeal. We ignore what is collectively believed to be reality and live as spiritual beings in the spiritual mind, body, and world (universe). Humanity and materiality are known to be sense alone, not reality. We live in and as and out from God consciousness: "I live and move and have my being in God." *We are they* who witness the thousand falling at our sides, and the ten thousand falling at our right hands, with pestilence—belief—no longer able to touch or disturb us.

> Only with your eyes shall thou behold the reward of the wicked.

We still witness "the reward of the wicked"—the discordant experience of belief and believers, of those who do not know the truth and therefore continue to dwell in a material sense of reality. But "it shall not come near you" because you have made the Lord "your refuge," the most high "your habitation."

> For thou, O Lord, art my trust; thou hast established thy habitation in the highest. There shall be no evil befall you, neither shall any plague come near your dwelling. For he shall give his angels charge over you to keep you in all your ways. They shall bear you up in their hands lest you dash your foot against a stone.

This beautiful verse is one of my favorites—poetic, supportive and filled with hope.

> You shall tread upon the viper and adder; you shall trample under foot the lion and the great serpent. Because he has loved me,

There it is again, "because he has loved me," because we have lifted our awareness to God, to truth, the incorporeal, the spiritual.

> therefore [and by that means] will I [will the light and presence of God consciousness] deliver him; I will set him on high because he has known my name.

As we have lifted our awareness to that of God consciousness, its light and presence deliver us, free us from the good and bad experience of belief to that of pure God (good without opposite). God consciousness "sets us on high" because *we* have lifted our sense *to it*. We have come to "know my name," to know and keep ourselves in truth consciousness, God consciousness. Because we have lifted to it, we now have the harmony and wholeness of it. The place of God consciousness and the God experience are one.

> He shall call upon me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life will I satisfy him, and show him my salvation.

Throughout scripture we find no plausible reference, no real explanation as to why humanity lives by belief. The story of Adam and Eve is a wonderful metaphor, but is in reality implausible. Yet we do find throughout all the scriptures of the world the instruction to lift our awareness "to where God is," to lift into God consciousness, to fill our minds full of God awareness; to dwell on, ponder and contemplate, to continually abide in the consciousness of God, the *one* and the *only.*

It is dwelling in God consciousness, and the activity of God consciousness in us (made possible by our lifting *to it*), that aligns or attunes our sense with truth itself and enables truth to be our experience *for us*. High up in God consciousness false sense dissolves and true sense emerges. Belief dissipates and dies, leaving truthful being, mind, body and world as our palpable and perfectly visible and demonstrated reality.

Always remember, at the "human" level of awareness we have a corporeal sense of the incorporeal, that's all—a material sense of the spiritual. It is only belief added to sense that makes experience seem discordant, unhappy, lacking or limited. Sense itself is unreal; sense is *sense alone* and is innocent and impotent. As we learn to sense *without belief,* reality is perfectly apparent. It is knowing this that enables us to release our senses from the apparent (belief), and allow them to live freely in the real. We lift in awareness and illumine our sense by knowing this truth, and by keeping ourselves filled with God and God alone. Then God quickly becomes and remains visible as the true forms of experience.

Every degree of higher God awareness we attain evidences itself as good and harmonious form because awareness and form are one. For every degree that we rise in God awareness, for every degree that we become more aware of God-presence and less convinced of material presence, *the form of that degree is evidenced as* the healthier, wealthier and more naturally harmonious experience. More life is tangibly evident; more harmony, more peace, more love and more abundance are evident as, and at, each degree of higher awareness until we find ourselves living daily in a new reality, *the one reality* of God as all, spirit as all.

PSALM 1

Psalm One also speaks clearly of this very need to rise in awareness, to abide in God consciousness (spirit, incorporeality), and of the tangible experience of having risen in awareness:

> Blessed is the man who walks not in the way of the ungodly, nor abides by the counsel of sinners, nor sits in the company of mockers.

Blessed are we who believe not in humanity and materiality as they appear to be—a reality in and of their own selves.

> But his delight is in the law of the Lord.

Our one delight is the presence and truth of God as all—all I am, my mind is, my body is, and my entire universe and everything everywhere in it and of it is; the all-in-all and all-of-all.

> And on his law does he meditate day and night.

On the one truth that God is all do we meditate day and night, do we maintain our awareness day and night. Never do we let this truth slip from our conscious awareness.

Now, again, to anybody who questions the need to rise in awareness, or to "go to where God is," let us ask: If God, if harmony, if truth were evidenceable in the human scene or human world, why would we be instructed to meditate day and night and delight in "his law," the law, the principle, the truth that is God? There would be no need to delight in the truth that God is all, or meditate upon it, or contemplate it if truth were able to come and do all this for us.

Then we're told of the result of lifting day and night to God:

> And he shall be like a tree planted by a stream of water, that brings forth its fruit in its season [the "season" is always here and now, the moment-by-moment of awareness or experience, the place-by-place and activity-by-activity of experience], whose leaves fall not off; and whatsoever he begins he accomplishes.

Then the psalmist switches to the fate of those who do not rise in awareness, those who still believe they can get God to come to where they are:

> The ungodly are not so, but are like the chaff which the wind drives away. Therefore the ungodly shall not be justified in the judgment, nor sinners in the congregation of the righteous; for the Lord knows the way of the righteous; but the way of the ungodly shall perish.

Listen to that: "The Lord knows the way of the righteous; but the way of the ungodly shall perish." The Lord, the consciousness and presence of truth *knows*—*is itself* the perfection and wholeness of God as formation, God as mind as form. Consciousness *knows*—*is itself* the fully embodied and eternally demonstrated, manifested, visible and tangible universe of self, of your self and my self. But the way of the ungodly—the individual who doesn't have God consciousness but has mental, material and physical belief—shall perish. What perishes? Belief perishes along with the believed sense of being (the personal sense of being and universe) because it was never real. Every belief perishes; truth is eternal. And because all experience is *awareness,* as soon as we lift our awareness from belief to truth, belief perishes and we awaken to our conscious eternity.

The constant and then final perishing of belief is the experience of every "human" lifespan. We are conceived of belief and develop in the womb of belief; we are born and exposed to a whole world of belief; we are educated in and by belief, churned out of belief's school at eighteen or college at twenty-something, and sent off to work in an industry or profession of belief. Many of us soon start our own family of belief, each member of whom we love very much (far more so than we love other individuals and families of belief). As our believed selves eventually become old and weary (as all belief does), and we (hopefully) see that our family is sustaining its lineage and has developed a good, strong foothold in its world, we die knowing that we'll at least be remembered by a few, for a short time. Our death is often one of suffering and sadness, one of pain, not only for us but for our family and friends.

Then, though we are not yet conscious of it, we are born anew into the same belief we just died from; we live, work, have family and die again—and on and on in an eternal cycle of belief *until,* during one lifespan, we finally awaken. Our spiritual existence emerges as the one reality, and belief is but a distant dream—a non-reality that never actually took place.

The very moment we awaken, we are free of this live-die-repeat cycle. We are free in spirit, no longer believers. We now live on the "top floor" or in the "penthouse"—in and as pure spirit, pure incorporeal being. We and our experience are full of heaven as earth—full of life eternal, life abundant, love abundant, the divine freedom and purpose of individual and collective being. We have risen out of and away from belief and its pairs-of-opposites experience—the "ungodly," the lack of God-which-I-am-and-all-truly-is awareness.

It is all a matter of conscious awareness. If you can just get this, then your awakening is assured. It is all a matter of the conscious awareness of truth, the truthful identity of all. That identity is, of course, the one "I," the one truthful life, being, presence and form of all which is God. And what is God? God is incorporeality, spirit, infinity, omnipresence, eternity, one—the one omnipresence of being, that which is unnameable, that which is formless, shapeless, unquantifiable, that which is pure spirit without matter in it, that which is never local, personal or temporary, that which has no "I, me or mine" about it. *This* is truth, *this* is truthful identity, and *this* is the way of awakening.

PSALM 23

All of scripture in one way or another instructs us to rise in awareness. There is significant spiritual receptivity today (much greater than when the scriptures of the world were written, mostly from 4000 to 2000 years ago). This greater receptivity allows us to hear simplified and clarified truth which was impossible to hear even one hundred years ago.

And so let us, with opened spiritual discernment, hear the powerful message of the Twenty-Third Psalm.

> The Lord is my shepherd; I shall not want.

This single verse, if truly spiritually understood, is enough to witness freedom this day and for eternity. "The Lord is my shepherd; I shall not want"—the "Lord," the unconditioned and unconditional mind, the mind full of God and nothing less, nothing different; the mind which *is* the formation of all. No wonder we "shall not want." What could we possibly want when our entire universe of experience is full of the good and abundant forms of God?

My conscious awareness of God being all is my "shepherd." I need only realize this truth and then joyously and purposefully live in utter safety, protection and abundance. God is my shepherd because God is all, yet this truth alone does not make it tangible in my experience. I have to be consciously aware of it. That is the entire key. "I live and move and have my being in God"; this is unalterable fact. But because all is consciousness, I have to be *consciously aware* of truth. As soon as I am, I tangibly *have* truthful experience. My conscious awareness of God being all is itself my true and harmonious experience (my mind and body, my protection and safety, my love and loving relationship with all people, my abundance, my knowing the truth of all form, my life eternal, my peace and purpose). My conscious awareness of God being all is itself my God experience—*is, is, is!*

Conscious awareness of God does not "produce" truthful experience it itself *is* truthful experience because God "and" experience are one, not two. My health, wealth, peace, harmony, love and purpose are all found in and as my conscious awareness of God as all. "The Lord is my shepherd, [therefore] I shall not want." It is *because* the Lord-God is my all-in-all and all-of-all that I shall not—cannot—want. Certainly, I shall not and never can want when I am continually consciously aware of God being the one being, the very being I am and all are because that very conscious awareness I am keeping alive twenty-four hours a day is itself my shepherd, my complete and harmonious experience of life in all its formation. Awareness is experience.

GOD HAS NOTHING TO DEMONSTRATE

God *is;* spirit *is;* spiritual being *is all* and is forever whole and complete. God, being one and all, does not need to demonstrate anything. Everything is already demonstrated because *God is* everything, and God already *is* its finished perfection. God or spirit is omnipresence, and omnipresence is here, now and forever one, whole and complete. There is no "other" type or form of presence, and there is no future in which God becomes something he-she isn't at this moment. Therefore, if God is all, which God is, and if God is omnipresence, which is the only presence, what needs to be demonstrated? It would have to be something that doesn't exist at this moment, but God is all; God is already all; God is fully existent eternally. Nothing "will be." "There is no new thing under the sun." The whole of omnipresence *is* already, and is its own demonstration, its own presence, its own form, its own manifestation. There is none else. The infinity of God, the eternity of God is right here, omnipresent wherever you are, fully demonstrated and manifested, visible and tangible as all. What, therefore, would you or I or anyone need to demonstrate? Nothing; all already is. But "we" must be or become consciously aware of it, that "it" being *God-spirit-omnipresence itself.*

The only thing we ever need to "demonstrate" is greater God awareness, greater awareness of God as all. When we truly know that God appears as formed being, mind, body and thing because mind forms, then we relax in our world of people, things, amounts, activities, places and conditions because we know that, despite appearance, it is all God. Because all is God, all is good, and is proved to be when we stay in God awareness. If we fall out of God awareness, all seems to be both good and bad, but in God-as-all awareness, all is witnessed as the one good that it truthfully is.

Do you see it? Because all is God and nothing but God, the only need is to demonstrate more God awareness, more God experience

(God felt happening within). The only need is to become more consciously aware of God as the only one, without opposite, without exception; to become consciously aware of the one presence, the one being, the one form—infinite, omnipresent, eternal, incorporeal, non-local and impersonal.

> He makes me to rest in green pastures; he leads me beside still waters.

We are not made to labor, to have to exert effort just to survive and find security, to have to struggle and strive through life just to maintain sufficiency, achieve some measure of success, feed our family and pay our bills. We are the full presence of God as individual being, the presence of divine being on earth. "Ye are gods; and all of you are children of the most High." Our purpose is to reveal earth as the heaven it is and all beings as the divinity they are. We are to be the light of the world, to feed and free the world of its material belief.

I am not human being but God being. Only God is; therefore only God being is—"there is none else."

I do not have a personal, mental mind; I have the one God mind individually experienced. My body is not physical and temporal but spiritual and eternal.

I am and I embody the entirety of God being, God mind, God body and God universe. My mind, body, universe and every form in it and of it is "full of the goodness of God."

I am consciousness not matter—not human, mental and physical; therefore I am infinite not finite, omnipresent not locally present, and eternal not temporal.

My body is not just what appears as my "physical" body, but is consciousness itself. The whole of my consciousness is my body.

I am and have the body of consciousness. There is nothing mental or *physical about me, my body or universe; there is nothing material about any form in and of my universe. I am and all is God, consciousness, spirit, therefore infinite, omnipresent and eternal.*

I now know my truthful identity: consciousness. I am one with and as all because consciousness is one and all.

The whole of God is embodied in, and is being, every aspect of the I that I am, right here, right now—this very I *I am. I am the one consciousness, the one all-embodied, all-inclusive, self-inclusive* God *consciousness being the I that I am, the mind and the body I am and have, and the totality of experience I am and have. I am and have all that consciousness is and has—which is infinity, omnipresence and eternity.*

As God *being, I am free being. I am whole and complete. I am one, my body is one and my entire experience is one because I, my body and my experience are spirit, not matter. And because I and form are the same one, the entire formation of me (my universal body of experience) is forever whole and complete.*

I and form are one. Only one is, and that one is God. God is self-mind-body-universe—one and omnipresent. I am (inclusive of my experience and every detail of it) fully manifested and demonstrated spiritual being. Nothing is separate or different, nothing is "unmanifested" or "undemonstrated." All is whole and complete, finished and perfect because I and form are one.

For this reason, I am made to "rest in green pastures," and am led "beside still waters." I rest in the consciousness of God-as-all, and then discover myself led beside still and harmonious conditions—peaceful, complete and fulfilled formation—because I and form are one; consciousness and experience are one. Consciousness is experience; experience is consciousness.

> He restores my soul. He leads me in the paths of righteousness
> for his name's sake.

Yes! When I rise into God consciousness, when I stop seeking mental, physical or material good, but seek only the awareness of the presence of God, the being and body of God, the things of God (the spiritual things, the incorporeal things, the heavenly things which have no name, no shape, no amount and no locality), and when I have given up attempting to get or gain something from God in the realization that in and as God consciousness I am and have all, then my experience is restored. "He restores my soul." I am now filled with the light and clear sight of God. My senses are picked up by the light and love of the God consciousness I am now living, and the light of truth reveals truthful formation all around me. My path is now full of God-good rather than material good and bad. "He leads me in the paths of righteousness for his name's sake."

God awareness is awakening in and as individual being because we have lifted our awareness to where "His name's sake" exists. We have lifted ourselves to the level of God consciousness, and *there* fulfillment of all *is*. Remember the Master telling us, "In this way God is glorified in you."

God consciousness is God alone, God for God—God experience for the sake of God experience—not God for improved humanity or satisfying material good. Why? There is nothing but God. So if we wish to seek and experience truth, we have to seek and experience God alone, God for God; truth for truth experience alone, spirit for spiritual experience alone. That's the secret—the secret so few can hear.

As I seek nothing but God for God, I feel myself filled with peace. I am lifted in spirit—in spiritual awareness. I feel myself filled with the light of heaven, the light of truth, and I am lifted. My senses are illumined and I begin to see clearly.

As I have attained some measure of God awareness, and as I become still and open (receptive), God itself is now able to fill my senses. But you see, I've had to first rise to that place where the "filling station" is. When I have arrived, my senses can be filled. I have had to first "walk to and enter the elevator" before I can rise to where God is, to where the filling of the senses is continually taking place—up in God consciousness. But if I haven't stepped into and risen in the elevator, how can I sit and complain that (or wonder why) I am not being spiritually lifted and filled, that I still cannot see clearly, and that my good is not yet evident—anymore than I could complain, or wonder why I'm not experiencing the roof garden if I've not first taken myself there?

> Yea, though I walk through the valley of the shadow of death,

Yes, though I still experience pain or illness or disease or injury; though I still experience lack or limitation of health or money or love or peace or harmony or security or freedom—yea, though I walk through any discordant or threatening experience,

> I will fear no evil; for thou art with me; thy rod and thy staff
> they comfort me.

I will fear no experience because the presence of truth and peace and harmony is with me. The almighty power and presence of God comfort me, keep me safe and protected in the most real and practical way. I consciously experience the presence and peace of God "happening within" as I stay in God consciousness. That presence, that peace *felt happening* is itself my comfort, the rod and staff of safety and protection, the harmonizing and pacifying presence of truth as all experience.

I know that that very truth, that very peace, *is itself* the risen level of consciousness, and at that level of consciousness, there peace *is,* there harmony *is,* there liberty *is*. I am now protected, literally and tangibly. I need not fear any appearing discord or condition. I am in the "roof garden," in God experience, and in God experience there is nothing to fear. In God experience—God felt happening within—there is nothing to fear, and there is nothing to "do" to overcome that which seems to be discordant or ill. There is only God in God consciousness, God experience; therefore there is only love and the formation of love, peace and the formation of peace, harmony and wholeness and the formation of harmony and wholeness. Therefore, everyone is and everything is not only the being and form of God itself, but is *of* God itself; all people, things, activities, places, amounts and conditions are God, and *of* God in nature and character, presence and form. "Fear not, it is I. . . . there is none but Me." This is my rod, this is my staff, and indeed, this is my comfort.

> Thou preparest a table before me in the presence of mine enemies; thou anointest my head with oil; my cup runneth over.

As soon as we have risen into God consciousness we instantaneously *have* the forms of health, wealth, peace, harmony and wholeness of experience. God consciousness experienced (felt happening as we are up in God awareness) and form are one. It is impossible to experience God without "also" experiencing the "image and likeness"—the forms of God—because God and form are one.

Form is like an image in the mirror; the instant a subject is placed in front of the mirror, the object (image) is present—perfectly visible, tangible, manifested and demonstrated. Subject and object are one, not two, not different. One is not less than the other; "both" are one. This is exactly the relationship between God and formation. God (subject) and form (object) are one and the very same experience. Once we experience (feel) God "happening" within, we instantaneously *have* all of God formation. The experience of God felt happening "and" the experience of God (good) formation are the same one experience.

Make sure you understand this. Work to eradicate the belief in two-ness. Meditate on and as oneness, sit still and receptive to the truth of oneness, and let it begin to fill your awareness and live *for you.* It is the secret of the visibility of God as all formation. It is the secret of healing, health and vitality; love, abundance and freedom. It is the greatest secret on earth (for what greater secret could there be?).

Human, material awareness is a false sense of reality. It believes that that which *appears to be* is real. But now we have risen and have a new, more spiritual awareness of reality, the one reality that is spirit alone. Our greater conscious awareness *is* our greater tangible reality. At this greater or higher level of awareness—even a grain higher, just one degree higher—the hand of God comes forth, taking ours. Now indeed, that which *is* lifts us, lifts every sense of us, filling us with the light and tangibility of spirit and truth. Once we have taken ourselves to where God is (and is *being felt*) God "takes over," and truth experiences life *for us.* We are no longer involved; truth lives us. "I live, yet not I, Christ [spirit, truth] lives my life."

> Thou preparest a table before me in the presence of mine enemies.

A "table" is prepared before us—the entire body and form of our good—in the presence of our illness, injury, disease, lack, loneliness, insecurity; or threat to our life or safety or finances or whatever the problem may be. Right there in the presence of these discords—as long as we have risen (or are rising in awareness) and the minute we begin to feel even a grain of peace happening within—we are safe. We are protected and secure. No actual harm will take hold of us. Even though it sometimes seems to get very close or even touch noses with us, the problem can never actually take hold of us and destroy us or our lot. The table of truth, the very presence of health or healing, of peace and harmony, of plentiful resources and abundant finances, of love and relationship, home and security, and right and fulfilling opportunity, is already prepared and laid out before us with wholeness and completeness everywhere about.

This is the fully manifest and demonstrated self, the perfect and finished kingdom of self. God is already and forever whole and complete, perfect and demonstrated, and now here it is, laid out before us on the table of our experience. It is the "fruit" of our having risen to where God is, and our experience of God happening within, or as our being. We are consciously in and experiencing the presence of God, living by God instead of by belief and personal sense.

> Thou anointest my head with oil; my cup runneth over.

Why is my head anointed (my being filled with spiritual awareness) and why does my cup (my experience) run over with God (good)? It is because neither my head nor my cup is mine in reality, but is God and God's. All is God, and now that I have lifted up into God awareness, I experience the infinity and omnipresence of God's good happening as my life. *God itself* is the only presence and the only cup of life and is the only substance that can be running from that cup. Now that I have risen to where God is—to God consciousness—I am able to experience God's cup running over throughout my experience, for me, as me, and as everything I touch and do.

The cup of good forever runs over at and as the level of God awareness and actual God experience. *There* the cup is always running over—running over with all the good of earthly formation: the forms of life, vitality, happiness, love, wealth and fulfillment in every department of life.

> Surely thy goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.

This would be better stated, *"as I dwell* in the house of the Lord forever." It is only *as I dwell* in the house (consciousness) of God that the world of God-experience opens out and becomes my actual, discernable reality.

It is our job to dwell in the awareness of God-as-all forever. God cannot do it for us. It is only when we dwell in spiritual awareness that "thy goodness and mercy shall follow [us] all the days of [our lives]." God cannot do anything for us, just as math cannot do anything for us. We have to do it. Just as we have to "dwell in the house of math forever" if we wish to experience the fullness and freedom of math, so we have to forever dwell in God consciousness to experience the fullness and freedom of God. It is *as we dwell in* God consciousness that we tangibly experience the eternal health, love, abundance, freedom, purpose and joy of our truthful being and universe. God consciousness *is* God experience; God consciousness "and" God experience are one.

Never again be confused about why God is not apparent in the human scene, mental mind, physical body or material world. God cannot be evident anywhere but the place of God; *God cannot be evident where God is not consciously present.*

Also, remember that the one path to God experience is the straight and narrow path. Taking that path means rising out of the belief in humanity, mentality, physicality and materiality, into God itself; lifting into God consciousness; lifting awareness and abiding in the presence of God, spirit, the incorporeal as all.

Realize that all form is mind-form, and that in and of its own self it is nothing—just imagery, just concept, just passing experience. The *reality* of all form is God itself—the fullness of spirit, infinity and omnipresence; the spiritual being living in the spiritual universe, filled with and being the goodness of God.

Fifteen

NOW I CAN SEE

Without an understanding of God, which is consciousness, being all, we cannot progress in truth. Consciousness is being, mind, body and universe and everything in and of the universe. If we do not lift into at least a measure of this awareness, we are unable to experience the health, harmonies and treasures which are the truth of being; we cannot have the "demonstration" of healing and health, love and abundance, purpose and fulfillment of being.

We have to understand the truth of truth before we can tangibly experience truth as our mind, body and universe—the truth of the infinity and eternity of our consciousness. We have to know the truth before that truth sets us free. Truth *is itself* our formed health, vitality and freedom, and is forever in perfect order; but because life is consciousness, we must be consciously aware of truth in order to "have" it as tangible experience. "Know the truth, and that very truth will make you free." Let us know that truth now.

ONLY GOD IS

Only God is. We must always start with God—*only God is.* If we realized that one truth alone, throughout our experience, we would never again be confused about a seeming absence of God, or about an unyielding problem.

Only God is. Literally nothing but God exists. If we still have God "and" as a belief (if we still believe we have a mind, body or worldly condition other than *God alone*) that is why we are unable to witness the harmony and wholeness of God alone *as* our mind, body and condition.

Existence, life, self, mind, body and everything everywhere throughout the universe is God. Besides that one, there is none else; besides that one there is no variation, no difference, no lesser self or lesser formation. Only God is.

God is spirit and truth. Therefore, when we hear "I am the Lord, and there is none else; there is no God besides me," we can realize, I am spirit and truth, and besides me—besides spirit and truth—there is none else. Not even temporarily is there anything but spirit and truth. Not even the mind's seemingly real corporeal formation changes spirit and truth into matter and untruth. Mind does not, nor can it ever *change* God into something else, different or less. Nothing can change God—the only, the all. That which is sensed is sense alone, not reality in and of its own self.

Only God is; therefore I must be that, and indeed am. My mind, body and whole universe and everything everywhere in it and of it must be that, and indeed are that.

I am, and all is spirit and truth, and besides spirit and truth there is none else. I am that I am, and all is that I am.

Because God is one and none else, only oneness is. Only I is—oneness, one. Only God is, only one is, only I is. I am God; I am that I am.

Listen to that: *I* am God, and *I* am that *I* am. What is *I*? Consciousness. So we can realize that consciousness is God, and besides consciousness there is none else.

None but God exists. Existence in all its form, character and nature is God, the infinitude itself; and because God is all and God is consciousness, the infinitude of existence in all its variety is consciousness itself. "All things were made by him; and without him was not any thing made that was made." From this we understand that all things are made by consciousness; and without consciousness is not any thing made that is made; that all experience is made by consciousness; and without consciousness is not any experience made that is made.

Everything everywhere is consciousness simply observed as itself and by itself as mind forms (images). Consciousness witnesses itself as the infinity of universal mind formation. But those forms or images are *just that*—forms or images. They are not real in and of their own selves. The one reality is pure consciousness. *Nothing but consciousness is.*

When we hear that "God made everything that was made," we are hearing about the finished kingdom that is God or consciousness. God or consciousness is forever whole and complete at every point of itself, divinely and gracefully finished, omnipresent as all. Every moment, every he, she and it, every amount and activity, every place and condition are consciousness.

GOD IS CONSCIOUSNESS

God is consciousness, the I of being, the oneness of being; and besides God—consciousness, I, oneness—there is none else. Only God is, only consciousness is, only I is, and that is one or oneness. What else do we know about what God is, therefore what we and all are? God is infinity, omnipresence, omniscience, omnipotence, eternity, incorporeality.

Only one is, only infinity is, only omnipresence is. What appears to be personal being and body is none other than the infinitude itself—incorporeality, omnipresence, eternity *its self,* oneness *its self,* God *its self.* God or truth is never local or contained or formed or finite. God is incapable of locality or containment or local form or finiteness.

God is incapable of being anything but itself—everywhere and equally present at the same time, being all. Therefore, all being and form are incapable of being anything but infinite. Even a single moment of experience or a single form is incapable of being anything less than or different from infinite. Whether we are experiencing a single moment of form or an entire human or animal lifespan of form, it is infinite because God is all, and God is incapable of being finite. Humanity is only a finite and temporal *sense* of that which is actually God, therefore infinite and eternal. All life is, and all form is infinite, omnipresent, omnipotent and eternal and is incapable of being anything less or different.

INFINITY CAN ONLY BE INFINITE

Infinity can only be itself—infinity—and none else. Finiteness cannot be formed from infinity. Only infinity is—indivisible and inseparable infinity. Finiteness is not reality but *sense*. Only in sense does finiteness seem to be, but sense does not make it so.

The same is true of all synonyms we may use for God. Oneness, incorporeality, omnipresence, omniscience, omnipotence, consciousness, I—all of these synonyms can only be, and are, the whole of themselves. They are incapable of being anything less than or different from the whole of themselves as all, that "whole" being God. Therefore, because God (and any and every synonym for God) is all, experience is incapable of being anything less than or different from the whole of God. Appearance may testify differently, but that testimony is a lie. "Judge not according to the appearance, but judge righteous judgment." Despite appearance and despite any belief about appearance, you, your mind, body, world and universe and every grain of it are the whole of God.

Be absolutely sure you understand this; otherwise you cannot go any further in truth. Unless you understand that individual being is the whole of God (all that God is and all that God has because God is infinite and omnipresent, therefore forever whole and complete, indivisible and inseparable), the rest of truth, the truth that sets us free, cannot be grasped. Might we intellectually understand more truth? Yes, we can probably hear every truth which has ever been given the world or ever will be. But intellectual understanding is not spiritual understanding. "My thoughts are not your thoughts, neither are my ways your ways, says the Lord." It is only spiritually discerned truth that becomes evident as the good and harmonious forms of experience. This is why Jesus instructed, "Know the truth, and that very truth will make you free." Truth known *is itself* wholeness and freedom experienced. Truth known *is itself* the penthouse experienced in all its form. That penthouse does not *produce* its experience; it *is* its experience. And the same is true of known truth.

Be absolutely sure you understand: Only *one is*. Therefore, there is only one being, one body, one organ, one function, one activity, one presence, one amount; and that one is God, incorporeality, infinity, omnipresence—incapable of being matter, corporeal, finite or local.

You are and have infinity. You are not a being "within" infinity; you do not have infinity "available" to you. Be careful to understand this subtle truth. You *are* infinity, and it is because you are infinity that you have infinity as every form of your entire experience. Everything about you is infinity experienced because there is none but infinity. You are infinity sensing itself corporeally and objectively as what has been named a "human" being. But "humanity" is just a name (and not a particularly accurate name). The only actual being is God-being, because *only God is*. You are the infinity of being. This very second and forever you are and have infinity. You are infinity itself being itself as all the formation of your experience.

You are eternity itself being itself as your being, mind, body and world; you are incorporeality itself being itself as your being, mind, body and world; you are omnipresence itself being itself as your being, mind, body and world. You are nothing but and you have nothing but incorporeality, infinity, omnipresence and eternity (and every other synonym for God).

You do not exist "within" infinity or eternity or incorporeality or omnipresence. You *are it*. If you did not exist, infinity would not exist because "I am that I am." This very second you are and you have all, and without you there would not be a single breath of life whatsoever. This, of course, is true of all beings. What seems like many is actually one alone.

You do not have truth within you somewhere, you *are* the presence of truth. You, your mind, your body and every organ and function appearing to make up the physical body—plus the infinite variety of people, animals, objects, forms, amounts, activities, places, conditions and circumstances experienced each day—are not at all what they appear to be. They are (all of them, without exception) infinity, omnipresence, eternity simply *sensed* as what we call corporeal, material, physical, existing in time and space, subject to cause and effect. But actually—in the most literal sense—all form and activity of experience are infinity, omnipresence and eternity itself, incapable of being (or being an experience) "different" from its infinite, omnipresent and eternal self. There is no "other type" of being or formation. There is no other presence, being, body, thing, world or universe.

Perhaps the most important truth we can hear is that only God is, only the incorporeal is, only spirit is; and that which we call "human, mental, physical and material" is simply a *corporeal sense* of that which is one hundred percent incorporeal. If we could really grasp this truth, we could rest from all material concern and experience a significantly greater degree of freedom this day.

GOD IS INCORPOREAL

Only God (spirit and truth) is, and God is incorporeal, not corporeal. We are simply having a corporeal sense of the incorporeal—a material sense of spirit.

ourselves to the presence and activity of God alone, the kingdom of harmony becomes visible. *We* must rise in spiritual awareness to the point of conscious oneness with God. Truthfully stated, it is the point of conscious oneness *as* God because "I and the Father are one." All personal sense is dropped and dissipates, and God itself is experienced. We must spiritualize our awareness to the point of no (or very little remaining) personal self and of being able to simply *rest* in conscious oneness, receptive and open, a vacuum of being, beholding God happening as all.

God already is. It is *we* who must spiritualize or purify our awareness (make a nothing of the personal sense of self) to the point of conscious oneness: a state of silence and receptivity of being that beholds the God experience "happening." We shed the belief in corporeal, human, personal, mental, material, physical, local and temporal identity for that which is true, which is God alone as all. In this way we are empty and receptive for the God experience itself.

WHOLENESS AND PERFECTION

You and all are, this second, whole and perfect life, mind and body. You are, this second, the fullness of life itself. Your body, this second, is omnipresence, omni-body itself, not local body. You are, your body is, and your entire world is the oneness, the wholeness of God, infinity—omnipresent right here as you, and where every moment and form of your awareness is.

You are, and the entirety of your activity and experience is, omnipresence itself. Omnipresence is I, mind and body; omnipresence is form, activity, amount, and condition; omnipresence is all. You are and have the whole of omnipresence as your life, your mind, your body, your strength and vitality, and your ever-present resource of all that omnipresence is and has at every moment, every breath, every step. We can simplify it: you are and have omnipresence. You are and have the whole of God and all that God is, infinitely and eternally, this very second. All that God is and has is "closer than breathing and nearer than hands and feet." The very I that you are *is* infinity itself, *is* omnipresence itself, *is* eternity itself—everything infinity, omnipresence and eternity is and has.

"I and the father are one"—the same one presence, one being, one body, one universe, one as all. It is because you are one with and as God (the only) that your life, body, world and universe are incapable of being human, personal, mental, physical, material, local, finite, separate, different, born and then dead. "I am ever with you [I am ever you, your life, your body, your universe and all the form of it], and all that I have is yours [is you, is your being, is your body, is your world and everything everywhere in it]." I (God) am you and you are me (God) because I (God) am the only. I and you are the very same *one* being, *one* mind, *one* body, *one* universe because one cannot be two—or 7.2 billion. One is one: "I am the Lord, and there is none else; there is no God besides me."

You are God-being, one with and as the Father (God), and God-being is all you are and all you have because the only existence, the only being, the only life and the only universe is God. Therefore you have just one mind, capacity, character, nature and ability; and that is the mind, capacity, character, nature and ability that is God—infinity. Everything you are and everything you have is not discovered by looking "out" at your life or even looking "in" at your intellect or your body, but is discovered by awakening to the infinity, omnipresence, omniscience, omnipotence and eternity that is your God-being. God-being is your one and only truth, and that truth not only exists fully manifest this minute but is incapable of being different from or less than its full capacity as you, in you and through you. It is incapable of being unavailable in any way or as any form to your every moment of existence. This is your, my and all people's truthful identity, and it is real and practical at every moment. This is the truthful identity of the entirety of your conscious experience which is the entirety of your body. It is the one truth of your body, forever real and practical as actual bodily experience.

Consciousness is body, and consciousness is infinity itself, omnipresence itself, eternity itself, God itself. *Infinity, omnipresence, eternity* are synonyms for consciousness or God. Therefore, consciousness (you, I, all) is non-local, non-personal—consists of nothing else, no opposite, forever boundless, whole and harmonious. You are and I am that; you have and I have that. The whole is omnipresent as every moment and form of you and your experience (universe). Never are you without the whole because the whole is what you are and what you have. Nothing you do or fail to do can change or lessen this eternal, here-and-now truth.

You are and have omnipresence omnipresent. Do you hear that? *You are and have omnipresence omnipresent.* Every moment and everything experienced as every moment (each person, thing, activity, amount and condition of which every moment consists) is—despite appearance—infinity, omnipresence and eternity itself.

MIND DOES NOT CHANGE GOD

God is infinite and omnipresent; therefore what we call "mind" is God. Mind forms. All formation (the universe) is mind formation. Without mind there is no formation. The universe and everything in it and of it is infinite and omnipresent because its form—mind—is God, which is infinite and omnipresent.

God *is* mind *is* form. And because God is one, the seeming three aspects of being (God, mind, form) are not three separate or different aspects, but one. So we can understand that because God is mind is form, all form is of the very same substance, nature and quality of God (infinite, omnipresent and eternal), incapable of being different from or less than God. Infinity forever remains infinity, omnipresence forever remains omnipresence, eternity forever remains eternity. You cannot change that which is the only into something different. Infinity is incapable of becoming finite;

omnipresence is incapable of becoming locally present; eternity is incapable of becoming temporal—even a temporal human life of seventy, eighty, ninety or one hundred years.

Such belief is nonsensical the moment it is realized that God is the only, and God is infinity, omnipresence and eternity. If God is the only, which is true, then all is infinite, omnipresent and eternal; if God is the only, God is completely and utterly unchangeable. Think. It would take "another" power "additional" to God and acting over God to change God. Not only "another" and "additional-to-God" power, it would take a "greater" power than God to change God. Surely then, the greater power would have to be God, and the God we thought was God would not be God but something less than God. Do you see how nonsensical all this is?

GOD IS THE ONLY

God is the only, therefore the only power. God is the infinite, eternal, omnipresent one power. There is nothing "other" than God; therefore the only power is God (good) power. There is no other power, therefore no other influence or condition that can "change" God into something different from or less than itself—even for a second.

We begin to realize the utter impossibility of the infinitude of God "and" a different or lesser experience when we lift our awareness into that of God alone. All the scriptures of the world, in their own way, have given us the truth of God being the only life, presence, power and form. "I am the Lord, and there is none else; there is no God besides me." If "the Lord" is the one and only (which the Lord is), then we and all are that. Let us then get on with knowing what "the Lord" is because only in discovering what the Lord is do we discover who and what we are, what our truth is, what our world and its truth is.

I am God, and there is none else.[1]
I am God, and not man.[2]
There is one God; and there is none other but he.[3]

Only I (consciousness) am, and that I is God. This being true, you and I and all have to be, and are, that same I alone because there is no other. Because God is the only, in order to know yourself you have to get to know God. When we get to know God as being the one spiritual, incorporeal, omnipresent and eternal presence, the one life alone, then we discover that we are that. We discover the truth that "I am that I am," and in so doing, walk into our truth and freedom of being.

Certainly, as we observe truth through the mind, we experience it conceptually and objectively. We experience our God-being and -world as seemingly objectified, finite, local form, condition, place, activity and amount. But "judge not by the appearance" because all is God—unchanged God. Our objective experience of God does not change God into *actual* objectified form. All is forever God and nothing less than God. As we awaken to this truth, we arrive at a tremendous point in our lives: the fact that all form is—despite appearance—as good, infinite, omnipresent and eternal as God. *Mind, body and world, and everything everywhere in and of the world are as good, infinite, omnipresent and eternal as God because there is none else but God.*

CONSCIOUSNESS *IS* EXPERIENCE

Whatever is happening in individual consciousness *is* individual experience. If belief is happening in your or my consciousness, then belief—and its pairs of good and bad—is our experience. The degree to which God is happening in consciousness is the degree to which God is the good and harmony of our experience.

A being filled with God evidences his or her consciousness as the forms of God. The forms that make up his and her world experience are God-like (good without opposite) instead of belief-like (good and bad). The important truth to realize is this: God consciousness *is* God form or God world; God consciousness *is* "earth as it is in heaven." Do not wish for God consciousness to heal or pacify, prosper or harmonize that which is believed, by its appearance, to be sick or diseased, lacking or limited, discordant or unfulfilled. God consciousness reveals all to be good, healthy, abundant, harmonious and peaceful. "The earth [consciousness-experience] is full of the goodness of God."

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[1] Isaiah 45:22 [2] Hosea 11:19 [3] Mark 12:23

God consciousness has been called the healing consciousness. But God consciousness does not actually heal anyone or anything—even though, to material sense, it appears to. God consciousness *is* forever the wholeness and harmony of itself, simply now witnessed as good form wherever its presence is experienced. "Where the spirit [presence] of the Lord is, there is liberty."

People are healed of their diseases, fed when they are hungry, comforted when they are afraid, freely supplied when they lack any good thing or condition, made safe and secure, and presented with glorious opportunity when their world seems shut to them. Injustice and cruelty dissolve. All of these miracles of truth and countless others become evident where the presence of spirit is, but what is actually witnessed is the spiritualizing of awareness which reveals truth where untruth seemed to exist.

God, therefore mind and form, is the quality and condition of itself alone. Truth does not have illness, disease, injury, sadness, loneliness, lack, limitation or discord. These conditions simply do not exist in God, therefore not in God-being, -mind, -body and -world. There is nothing disharmonious—not even a single breath or hair—in God, in truth. As truthful consciousness is lived as the totality of experience, then all "else," all "shadows," all lower levels of awareness simply dissipate as the dark of night melts in the presence of dawn.

The dark, the discord, of our experience never is reality. It is false experience without principle or law to support it, without the substance of God (the only reality) to support and sustain it. Discord of any name or nature is not an entity but a lack of God awareness, just as dark is not an entity but a lack of light.

Only God is; therefore only God-entity is. Nothing "else" has reality; nothing "else" is a real entity; everything "else" is simply believed entity. Disease and discord are nothing but collectively believed and individually accepted difference from God, or separation from God—a believed lesser state of being than God-being. As we continue to believe we are different from, less than, and separate from God, certainly we suffer in many if not all departments of life, just as the vine quickly and continuously suffers if it is pulled and separated from the earth.

As the dawn of truth rises in the individual, lifting awareness from materiality to a degree of spirituality, the more harmonious, healthy and bountiful forms of that degree of spiritual awareness become evident. Nothing *actual* has changed or improved. It is *our higher awareness of God as all* that evidences itself as the greater visible and tangible reality of our experience. It *appears as if* wonderful healing of discordant experience takes place. That which was diseased, ill, injured, lacking, limited or discordant in any way quickly or gradually dissolves; and truthful, healthy, abundant, peaceful and harmonious form emerges.

PERSONALIZATION "IMPRISONS" TRUTH

One of the greatest secrets of healing, and being healed, is impersonalization. Even if we've taken in and digested all the truth of life and healing there is to know, if we continue to believe that we, our minds and our bodies are personal, physical, structural and local, we "imprison" truth within that belief. Locked within belief, truth cannot "escape" into our senses, and if our senses are not filled with the presence of truth, our body-sense remains absent of the abundance of life it actually is and has. The visibility of the fullness of life and health remains "locked inside" our conviction of I, me, mine. We must enable truth to "escape" and fill our senses, and this occurs the moment we impersonalize our sense of being, body and world.

The presence of life and health cannot be evident as a personal sense any more than light can be evident as dark. Personal sense is a "dark" or unillumined state of awareness. As we impersonalize our awareness, truth instantly "escapes" and floods our senses. The dam of personal belief is breached and an infinity of truth-water floods the land of our being. Our senses are filled with the light of truth, and the body is quickly experienced as the perfection it truly is and always has been—the "image and likeness" of God, healthy, whole and vital.

THE KEY

We have believed ourselves to be personal beings with a personal mind and body, living in a personally experienced world filled with possessions, qualities and conditions personal to us. The truth is entirely different, and that truth is this: Only God is, and God is one and impersonal, spirit not matter, eternal and unchanging. God is infinite and omnipresent; therefore the whole of God exists equally and simultaneously, fully manifest as each being and form throughout infinity. God is *individual* being, mind, body and world and all that the world contains—but never *personal* being. And because God is all, all is spirit not mental, physical, or material; not personal, local, finite, or temporal.

The only presence is God, the only form is God, the only activity is God. The only life, therefore, is God. The only mind is God, the only body is God. And God is one. *I am that I am. . . . and besides me there is none else.*

God is consciousness; therefore life is consciousness, I is consciousness, mind is consciousness, body is consciousness, world and everything it contains are consciousness. And consciousness is infinite—infinity itself, omnipresent—omnipresence itself, eternal—eternity itself. Consciousness is never local, never personal, never mental, never physical, never material, and cannot be.

In this way we hear and understand the truth of God being all, therefore the truth about us, our body and our world being nothing other than God. When the truth (that being, mind and body are consciousness) first breaks through, it is a revelation that instantly and forever changes one's life experience.

I is consciousness not mentality, body is consciousness not physicality, world is consciousness not materiality; every thing, amount, activity, place, condition and circumstance are consciousness not matter.

You see, even as long-time truth students, many have not yet connected the truth that consciousness, being all (infinite and omnipresent), is what mind *is,* what body *is,* what world and everything in it *is*. In this "disconnected" state of awareness we have fallen into the trap of believing that we are mental and physical beings, existing locally, temporarily "alive" for a short span of years before "death." We have believed that our human self with its physical body has a spiritual *aspect* to it, buried so deeply within that it's difficult if not impossible to find. Not a word of this is true, and it is nothing but this belief that makes it difficult to awaken.

Only God is, which means humanity, mentality, physicality and materiality are nothing but *sense*. Sense is never reality but always a sense *of* reality. We are having a material *sense* of that which is one hundred percent spirit or God. As long as we do not infuse sense with belief, we experience the true "image-and-likeness" forms of God. But the moment we believe something—anything—about the forms of sense, we immediately "imprison" God within us and leave ourselves exposed to the good and bad of belief. Realize that the only truth about self, mind, body and world is consciousness itself, and because God is infinite and omnipresent, all form (including the body) is totally (inside and out) consciousness.

The one, the only and literal truth of the body is that it is the infinity, omnipresence and eternality of consciousness. The body is God consciousness, there being no other substance, life or form. Like gravity, the body is never local but is individually experienced as each now moment. We have mistaken each moment of now to be a local moment, even a local position. But only consciousness is, which means locality and position are just sense, not reality. Such is the magnificence and freedom of the body.

THE BODY IS LIFE ETERNAL

Even though the appearance is convincingly corporeal and physical, life, the body, and everything in and of life and the body (absolutely everything happening in life and absolutely all bodily organs and functions) are infinite, omnipresent and eternal.

Nothing of life or body is *actually* mental, physical or material even though it appears to be. "Judge not by the appearance." All of life and body (and world) is incorporeal, spirit, consciousness, therefore infinite, omnipresent and eternal. Infinity cannot be made finite, omnipresence cannot be made local, and eternity cannot be made temporal. We *experience* moment by objective moment, but our experience is of the only substance, presence and form that exists: *consciousness*—infinity, omnipresence and eternity. "I am in the world but not of it." Despite belief, despite appearance, and despite every testimony to the contrary, *only God is*; therefore only consciousness is—only infinity, omnipresence and eternity is. There is no existence other than God existence because God is the only, and God *is* existence. There is no alternative or lesser or different nature or quality of true life and body, of true world and everything everywhere in it. There is no other actual life, body or world we can experience because *only God is*. "I am the Lord, and there is none else; there is no God besides me."

Everything everywhere, no matter what belief names it (self, mind, body, thing, amount, activity, place or condition), is infinity, omnipresence, eternity. And because infinity-omnipresence-eternity is the *only,* it is incapable of being anything different from or less than itself alone. Our level of awareness has moment-by-moment *experience* of life (God) which, if we believe appearance at face value, makes infinity appear to be finite, omnipresence appear to be locally present, and eternity appear to be temporal. Again and again we are reminded, "Judge not by the appearance, but judge righteous judgment."

You are, your body is, and all the organs, functions, cells, atoms, and sub-atomic particles are, this minute and forever, life eternal, infinite, omnipresent, incorporeal God itself—even in what we call "human" experience. Nothing can change the one truth that God alone is. Yes, we are having a finite and ever-local *sense* of the infinity and omnipresence and eternity that we are. But sense does not make it real. It only seems to be real if we attach our belief to sense itself.

Our body sense or that of a loved one's or student's or neighbor's may be suffering in some way or a number of ways. A local place or function of the body may be painful, injured, aging or decrepit, may be lacking vitality, youthfulness or strength. Certainly we may be struggling with our body. I know it; I had such an experience, so I have particular love and compassion for anyone who is suffering in any way.

But you see, the way we become free (as I did and as you can too) of that diseased and painful body experience and the suffering it brings with it, is exactly in the way described throughout these pages. Wellness and wholeness (healing) become evident by the spiritualizing of awareness. In this lifted state of awareness, the whole and perfect body of consciousness becomes tangible and real to our experience. It has always been right here in its whole and perfect state, but we have lived with a false *sense* of it. We have accepted a collective belief about what the body is—human, physical and temporary, subject to both good and bad. But even as we have entertained that belief (therefore experienced it) the true and perfect body has been standing right there, unaffected by our belief (as all truth is). The moment truth is realized, we can rest the false experience. We withdraw our belief and attachment to the appearance of disease and the pain and suffering we experience, and in and "through" our released and rested state begin to *feel* the true body of consciousness "happening." It is the feeling of God happening within that reveals the truthful body through the now dissipating fog of belief. Healing has no trouble becoming evident when we are released, rested, receptive, and feeling the presence of God taking place.

NOTHING RESISTS TRUTH

Because truth is the only presence, there is no resistance to truth. It would take a "second" or "obstructing" presence to resist truth, but there is no "other" presence in all of the infinitude. Nothing resists the full experience of the spiritual body appearing as our whole and healthy physical sense of body; rather belief merely *clouds* our body experience.

As soon as we know this truth, release ourselves from the cloudy sense-experience of the body, and then rest openly and receptively in God, we quickly begin to witness the true body coming into tangible experience as the clouds of belief are dissolved. We simply sit still, open and receptive in the presence of God, and *let* our true body become real and tangible to our senses. The experience happens for us—for our sense of being and body. "The father [the truth] that dwells in me, he does the works." As we feel "the works [the presence]" of truth happening within, the clouds of belief are dissolved for us by those works, not by any effort we make or can make. *Only God is;* therefore only *God can.* Truth does the work, and as it is felt happening within, our cloudy sense is cleared to reveal the truthful body which has forever stood right where we are as our one and only true body.

To human sense a healing takes place. But actually the true and eternally present and perfect spiritual body is *revealed* as the clouds of belief are dissolved.

Sixteen

NOTHING "LOCAL" CAN BE HEALED

Our realized spiritual identity must become the very blood of our blood and bone of our bone. We must have a living awareness of God as all, a conviction. Our state of being changes from that of personal need, desire and effort to that of impersonal relaxation, spaciousness, receptivity and beholder. It is at this point that a sufficient measure of God consciousness has been attained, and once it has, not only are the fruits plainly visible for all to see and to share in, but no one in the world can persuade us otherwise. It is at this point that we truly know the truth, that we discover the authority, conviction and strength of our spiritual identity actually living in and as and through us. Truth has become the very breath of our existence, the very substance of our being, the impulse of our activity and the fulfillment of our purpose.

This is what God realization or God consciousness means. It is never an intellectual knowledge alone, but truth itself living us, the reality and principle of *God-as-all* alive, vital and visible throughout our consciousness.

The intellect alone cannot know or behold truth; remember this. The intellect is an "outer" awareness faculty—humanly, mentally, physically and materially adept. But God, our one truth and reality and the one truth and reality of all is before the intellect—"closer than breathing, nearer than hands and feet." God is found in a place of awareness far deeper within our being, undetectable by the intellect, in "the secret place of the most high [the most deep and pure]."

"The kingdom of God is within you." Spiritual awareness is released from deep within, and must be spiritually nourished and nurtured so that it is able to take root. It grows in the silence and spiritual receptivity of being. In the garden of silence and receptivity, it soon "pushes through" into the earthly awareness, appearing "materially" like a young vine pushing through the soil. This is when material awareness describes it as being "real and tangible," but the reality of it has been realized and evidenced well before material awareness has been able to detect it.

THE HEALING EXPERIENCE

Let us now experience healing. Divine wisdom tells us that if we wish to know and evidence the truth of being (mind, body, world and universe), we must know and evidence the truth of God because God is all. Man (all being) and all that man is and experiences (man's universe and everything everywhere in it and of it) is God.

"I am the Lord, and besides me there is none else." Each and every being, thing, activity, amount, place and condition is God. We, at our current level of awareness, simply *sense* that which we are and have (God) objectively, three-dimensionally, as the multiplicity of our universal form and activity. But sense does not change God or truth. That which we sense as "ourselves" and "our" objective, three-dimensional universe of mind, body and form is God—each and every grain of it.

"I and the father are one." Only God is, only one is—only one life, one being, one mind, one body and one presence is. God is the one, the only life, being, mind, body and truth, and God is infinite, omnipresent and eternal. This is why, when students attempt to heal their or their loved one's "personal, local, temporal" body, they fail. *Nothing "local" can be healed.* Better stated, nothing local can be *revealed* as its true health, vitality, harmony, wholeness and perfection because the truth of being and body is God; and God is not personal, local or temporal but is infinite, omnipresent and eternal.

Let us understand this healing truth now. Hear this thoroughly and deeply, with vitality, with a sense of reality. If only God is (and of course only God is; therefore only infinity, omnipresence and eternity is), then "locality" does not exist. The experience of being local and personal, and existing for only a certain number of years or decades is simply a false sense of the infinity, omnipresence and eternity of being that we all truthfully are. Therefore, because nothing local actually exists, nothing sensed as personal, local or temporary can be healed (revealed as its true form).

Because only God is, only God can evidence God. Only God can reveal the truth of form—the "image and likeness" of God as the forms of experience. And because truth is not local but omnipresent, truthful form cannot be evidenced in or through the belief in locality. God or truth is incapable of being personal, local or temporary. This is why it is utterly impossible to evidence God in, or for what is believed to be a personal, local, temporal being and body. God, therefore form, is infinite, omnipresent and eternal, all one. God *is* the infinitude; the infinitude *is* what God is, omnipresent as the infinity and eternity of perfect form, fully existent at every point of the infinitude at the same time.

Many metaphysics students tell me they have experienced healing. But their healing does not last; these students have to keep working at their health, their relationships, their prosperity and their harmony. And so realize this: if you have ever experienced what you believed was the healing of a *local* being, body, thing, amount, place, activity or condition, it had nothing to do with true healing (God realization or illumined consciousness). This may be shocking, but it is very important to realize if you are now to lift into and experience true healing and transformation of being.

Any unsustained healing is not true healing. True healing sustains because God is invariable. Once God has truly been experienced as the health and vitality of the body, the healing is invariable. Any variable state of life or health is so only because it is not truly evidenced God-life or God-health. It is a temporary bout of greater life or health awareness—an improved belief—but it isn't God. God is infinite, omnipresent and eternal and can only be evident *as* infinity, omnipresence and eternity. True healing lasts forever because *God itself is evident.*

OMNIPRESENCE, NOT LOCAL PRESENCE

God is omnipresent, not locally present, and can only be evident as omnipresence. Equally, God is eternal and can only be evident as eternity. To evidence God we have to "seek the kingdom of God," the kingdom of infinity, omnipresence and eternity, rather than the kingdom of that which seems to be (finiteness, local presence, and temporal life). "Seek not [the things of experience, that which seems to be], but rather seek ye the kingdom of God, and all these things shall be added unto you [will populate your senses of mind, body, and everything everywhere in your world]."

God is incorporeal, not corporeal. To seek the kingdom of God we have to seek the incorporeal, not the corporeal. The corporeal experience is just our sense of that which is entirely incorporeal with no corporeality in it whatsoever. The corporeal sense is true and good, and acts as true and good *as long as we do not believe it to be reality in and of its own self.* Only the incorporeal is God, reality, truth—the actual. Therefore, to seek God is to seek the kingdom of incorporeality (infinity, omnipresence, eternity) which has in it, by definition, no corporeality, no finiteness or locality, or personal "him, her, it or condition." It is and has nothing but the whole of God, fully present, visible and tangible, fully living and perfectly formed, therefore nothing that requires healing.

At this level of awareness, the "things" of experience are no longer real to us in and of their own selves. The thousands of things and conditions in our experience each day are finite, local and temporal mind pictures or images. They are mind forms of the one infinity, omnipresence and eternity that is spirit or God. Only God itself (incorporeality, infinity, omnipresence, eternity) is real to us, and indeed *is* the only reality. And that one reality is incapable of being, or being witnessed, in or as or for that which is unreal (human, mental, physical, material, local, finite belief).

Do you see, therefore, that any health or harmony evidenced by an individual's effort—even if they succeed—is not, and cannot be, truth evidenced because God *is,* and does not require effort to *be is. Is* already is, and is fully present, visible and tangible to its own consciousness—the God or incorporeal consciousness. That consciousness does not have a problem or any person, thing or condition that *can* be ill, discordant, poor or incomplete. It has God alone in it and as it, as all. This is the consciousness that evidences the forms of itself, which to material belief *appears to be* the healing of that which was ill, discordant, poor or incomplete.

Any "healing" that is impermanent is a form of improved belief about that which is, in appearance, a "real problem" occurring in or to or against the physical body. Illness, disease or injury is always local, objective "bad" form and activity, occurring in a personal, local, physical body. This is all the experience of *belief about* that which is actually the one body of God, the spiritual, incorporeal body which is forever whole, healthy and perfect and forever remains unaffected by belief or matter. And because all belief has an opposite, a healthy, youthful and vital body can be (and almost infallibly is sooner or later) affected by the opposite belief—ill health, senescence and languor, and finally death. It is because the substance and form of both the good and bad of this body experience are belief, that belief can also "heal" it by replacing "ill, diseased or injured" belief with "healthy, youthful and vital" belief. It is mental effort and conviction, and at its own level it is good and fine. But it is not God, nor is it the God experience of the body which is both effortless in experience and permanent in form.

All belief is temporal. Sooner or later, the effects of belief change and let us down, and we find ourselves back to square one with the same problem of illness, disease or injury hounding us again, usually worse than before. "Except the Lord build the house, they labor in vain that build it."

HEALING BY A PRACTITIONER

Spiritual healing is permanent as long as the practitioner is of true spiritual consciousness. True spiritual consciousness is that which never attempts to heal a local, personal problem or disease or disharmony, but evidences the presence of God as individual being and body. In that way, true and permanent health and wholeness are brought through.

However, if you have experienced healing from a practitioner, yet after a time you became ill again, it is because you unwittingly "sinned again," as it is coined in scripture. When we drop from the spiritually illumined experience a practitioner provides, back to physical belief and material living, back to the sense of separation and difference from God, we either quickly or eventually experience the problem returning. But when, following healing, we "ride the wave" of illumined awareness given us and begin to be aware and live more spiritually, the healing is permanent. Hence the Master told all he healed to "go and sin no more."

The experience of healing—which is spiritually lifted or illumined experience provided by the practitioner, revealing itself as health and wholeness—should always be received and honored by the recipient as a gift of illumined awareness and then maintained. When illumined awareness is kept alight (as the Olympic flame is kept alight) by studying truth, meditating, and beginning to live by periods of silence throughout the day, an individual finds him or herself released from belief and entering the doorway of heaven. All the treasures of heaven open to any individual who devotes a good measure of each day to God, to spirit and truth.

Those who have received healing, yet do not know of the wonders and miracles available to them as they maintain even a measure of God awareness and spiritual living, fail to realize what their healing experience actually was. Their healing experience was the practitioner's illumined consciousness, which imbued their senses with the light of truth, revealing the truthful body. They believe a personal, local body was healed of a physical, local illness, disease or injury, and then run back into the mental and material world, happy with their healing and their new-found vitality and strength, telling everyone they know about the miracle that occurred. Unfortunately they are headed right back into, not only the reverse of the healing, but in most cases, a worse problem than the one which was healed. "Behold, thou art made whole: sin no more, lest a worse thing come unto thee."

It's a hard thing to have to tell people and it's a harder thing to have to watch. But I think it is important that we make this clear because it is time for us who are hearing this message to lift and stay lifted in truth, thereby being the illumined consciousness that is the liberty of experience, is the life and harmony of the body and all of this world's experience.

You see, we are dealing with principle, the one supreme principle itself. It is only as we attune *ourselves*—lift and spiritualize *our* awareness—to the consciousness, the principle of oneness, infinity, omnipresence, eternity, the incorporeal that we witness it throughout our formed (earthly) experience. But if we drop in awareness again, if we ignore the principle of God-as-all, then our God experience crashes and burns just as the harmony of our math would collapse if we ignored the principle of math.

The same is true of our experience of any principle. If we do not adhere to the principle of aerodynamics, then our plane is either unable to fly or quickly drops from the sky if it does manage to lift from the ground. It is impossible to take off and keep our airplane in the sky if we do not attune ourselves and our aircraft design to the principle of aerodynamics. Aerodynamics will never, in a thousand years, come "down" to our level of non-aerodynamics and make our non-aerodynamically-designed plane fly. No non-aerodynamically-designed craft is able to fly, and no non-God consciousness is able to evidence the world's true health, harmony, love, abundance, peace and fulfillment of God.

NO "LOCAL" TRUTH

Expecting or assuming truth, God, life itself (which, remember, is infinity, omnipresence, eternity, the incorporeal) to heal or reveal itself in or as or for a "local, human" being, with a "local, physical" body, suffering from a "local" organ that is diseased, injured or malfunctioning, or some other malfunction is utterly impossible.

Such expectation is utterly out of truth or spirit. It is a metaphysical rather than spiritual degree of awareness, which has no God in it whatsoever. God is omnipresent, impartial and unconditional; God is spirit "and in him is no darkness [matter or materiality] whatsoever." The whole of God exists in and as each and every being, body, thing, amount and place. God *is* all being; God *is all,* period. No person or practice can gain favor from God to "heal" that which God is not. No person or practice can gain more of God where it is believed that less than the fullness of God currently exists.

God is forever the whole of itself as all! There is no favored locality, no favored person, place, condition or circumstance. There isn't a person in the world—even the greatest saint or master who ever lived—who has more God than the rest of us less saintly people, or who is able to receive favors from God versus the rest of us who cannot. "He maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust." All is one-and-omnipresent; all is the very presence and form of oneness-and-omnipresence which is entirely impartial. Oneness and omnipresence are as incapable of partiality as is math or aerodynamics. God is the *entirety of all* and the *only;* therefore "I am that I am," and all is that I am. Then, not only is no person, place or condition able to gain the favor of God, but none needs to. God is already fully present even where God seems not to be.

Indeed, it is impossible for God to have favorites. God is principle and cannot dish out favors anymore than the principle of math can dish out the number 100 as a favor when we're in need of 10 x 10. God does not and cannot favor us as a result of our steadfast study of truth, while those who have studied less steadfastly receive less favor from God. God doesn't care how faithfully we've studied, nor does God know. God knows nothing about our efforts or non-efforts, nor does God know anything about our pain and struggling, our desires and needs. All such belief that God does know is nonsense. Nothing we do or fail to do affects God in the slightest. God *is*—period. God is principle, and as such is fully, equally and unconditionally present everywhere throughout infinity at the same time. *We* have to attune *ourselves to God,* rather than expecting God, and all the good that God is, to bend in favor of us and our needs and desires.

TRUTH CANNOT BE PERSONALIZED

No one can personalize God and the good that God is. It is impossible to personalize principle, including the principle that is God, truth. It is impossible to "bring" truth "down to" or "into" a personal being or condition and have truth heal, love, pacify, harmonize or prosper him, her or it. God knows nothing about our sense of personal being and condition. No such being or condition actually exists because God is all; therefore *God itself* is the actuality of all being, condition and existence. That which is real cannot be made to exist in or for that which is unreal. The "human" being and body are just believed (dreamed) being and body. Nothing real can be brought to exist in a belief or dream. If you attempted to place real furniture in a home of your dreams, the furniture has nowhere to exist. It cannot exist or be visible and real to you because the home exists as a dream only. In the same way, God cannot exist (in experience) as your real being and body when you're attempting to evidence God in or for your believed (dreamed) being and body.

One cannot bring truth "to," or make it evident "for," or experience it "heal" a non-existent being, body, body part, or any other "local" him, her, it or condition. One cannot bring God to a locality and reveal that locality's truth. There is no truth to a locality. There is no "local" God. God is omnipresence, incapable of becoming local presence. Therefore, because God is all, there is no local or personal state of health, love, harmony, abundance, joy, freedom or justice, or the opposites of these. These are appearances only, belief only. It is simply impossible to evidence God locally or personally, in a finite, space-based, time-based form. God is infinite and omnipresent, not finite and locally present. And because God is all, incapable of changing into something God is not, God can only be evident *as itself*.

God can only be evident as infinity and omnipresence. This is the key. "Who sends an angel here to potentize this pool for just a favored few?" There are no God-favored people, places or substances on earth, or anywhere throughout infinity. No one, not even the Master, is a special dispensation of God. No substance or place has more God to it, or in it, or available as it than any other. God is one and omnipresent. The *whole* is, and fully exists, and is fully and freely available to experience at every point and place throughout infinity, without limit. Any lesser experience is simply lesser *God awareness* and has nothing to do with fact and reality. All less-than-God experience is our limited or lowly illumined *sense* of being, not our reality.

"I know it is not God who could potentize the pool for just a favored few." There it is. God cannot dish out favors; God cannot be more present anywhere than God already is; God cannot be made evident locally, for a particular person or group of people, or a particular condition or event. *God already fully is!* And the fullness of God-is is everywhere and equally present, right where you are, as you, already manifested and demonstrated. God cannot be evidenced locally. God cannot be witnessed or "demonstrated" locally.

> I know it is not God, for he deals just the same with everyone. One has no better chance in heaven's healing fountain than another. The fount of health is in your soul, it has a door locked fast, the key is faith. And everyone can have this key and may unlock the door and plunge into the healing fount and be made whole.

The healing fountain is *God awareness,* the awareness that God is one and omnipresent, unconditionally equal, with no more or less, no bias, no favor. To receive favor or preference from any principle is impossible, including from the supreme principle that is God. To ask or pray to God to heal "me or mine" is nonsensical and impossible. *Ye ask, and receive not, because ye ask amiss.*

Your father in heaven . . . he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. Imploring or expecting God to heal you or another is like asking God to pour rain in your yard alone or in the yard of someone you favor, rather than expecting rain to fall in all yards for everyone equally. No one in his or her right mind would ask favors of the rain or of math, and we in our right mind—in God mind—would not ask favors of God. God *already is*—this is what we must know.

Seventeen

GOD IS NOT PERSONAL

Can you imagine the folly of a friend praying for rain in his garden alone? Can you envisage that friend believing he has achieved sufficient rain realization, and then sitting in silence waiting for his demonstration of rain? He'd wait forever, and he would deserve the wait! Expecting rain to fall for him personally is nonsensical, and worse, expecting the principle of rain to be unprincipled is more nonsensical. Principle can only be itself, never unlike itself.

God cannot be unlike God. Therefore, the demonstration of God cannot be unlike God. If we expect it to be, we fail. Hear that. God does not fail, *we do.* We may well utter the most graceful prayer, have the most extraordinary meditation, sit in the most blissful silence. We may well experience euphoric peace flooding our being. But all of this cannot "get out" into experience if we expect it to bring us personal good or gain. Personalization blocks God from being tangible and visible to our senses. It is folly to believe in a personal God who will dish out favors, healing, prosperity, safety, security, justice or peace to some but not all. If we believe in such a God, we are attempting to personalize God, localize God, and finitize God. But God—including our experience (demonstration) of God—*cannot be unlike God.*

Do you see the folly of personalizing God, and the folly of expecting personal results? Yet millions pray to God in just this way. Even spiritual students the world over meditate for such personal good, and sit in hours of silence waiting for their "ordered good" to arrive from their God. Oh yes, they use "spiritual" terms for their attempts, such as *meditation, demonstration* and *manifestation,* but still they wait and wait forever. Why? There is no such God that can make these demonstrations or produce these manifestations!

"Ye ask, and receive not, because ye ask amiss." You study truth, you pray and meditate, and you sit in hours of silence; yet you see no evidence of your good, because you study, pray, meditate and sit in silence amiss. The root of asking and expecting amiss is attempting to personalize God, believing that God can be evident for you and your needs, or for the good of any person, thing or condition in your world.

Let us hear and understand the principle of God once and for all. God (and any synonym for God—spirit, truth, "I," consciousness, incorporeality, infinity, omnipresence, omniscience, omnipotence, life, love, prosperity, peace, harmony) cannot be witnessed "for" or "in" or "by" a personal, local "him, her or it," no matter how "spiritual" that person, desire or need may be.

WHY GOOD PEOPLE SUFFER

This is why we witness even the holiest, most selfless, loving and generous people—those who devote their whole lives to helping others—suffer with the same measure of illness, disease, injury or injustice the rest of the population does. This is why we witness spiritual students no more protected from or immune to the world's pain and suffering than is the general populace. It should not be this way. You would assume the experience of spiritual students would be different, at least that of the majority of them. It isn't so. Why? Surely as we seek truth and begin to live by truth we suffer less, we are less likely to become ill or diseased, are immune to the lacks and limitations affecting the rest of the world. But this is not the case. We all know many truth students who suffer health problems, lack and limitation problems, financial problems, relationship problems, home and business problems, stress and unhappiness problems. It's sad and hard to watch. But when we watch such struggle in our realization of the one *principle* of truth, we have light on the reason: *Ye ask amiss.*

It is up to us, my friends—each individually—to take truth so seriously, to be so devoted and dedicated to truth by such a degree that we may be and show the way. The Master tells us this very thing: *It is the father's good pleasure to give you the kingdom* . . . and *By their fruits shall you know them.* It is the "good pleasure" of the principle that is God to give us the limitless and unconditional fruits of good, and in this way—by the tangible and visible fruits filling every area of our life—does the world know and see that we have truth. Only in this way is "my father glorified": by our being God-fruitful beings, beholding and giving to the world the treasures of heaven which are abundantly evident as we live as and by the principle of God as all.

Only by your understanding and living the God (truth) principle is "my Father glorified"—is truth made tangible and real in every-day experience. Only as the impersonal self can you live in the impersonal world, filled with impersonal people, things, activities, amounts, places and conditions; only then can God be tangibly evident as all that you are and have. Only as the impersonal self can you "give" to or evidence God for others, and for all that you touch and do in the world. Only as the impersonal self do you have the "healing consciousness," the presence of being that raises the ill and diseased and even the dead into life and vitality; that beholds illness, disease and injury being dissolved and repaired right in front of your eyes; that multiplies the loaves, fishes and dollars for those who are hungry and in lack; and that pacifies disagreement, unrest or even war.

WITNESSING HARMONY THROUGHOUT THE BODY OF AWARENESS

As we expand our awareness into and throughout our true body—the infinity of our consciousness—knowing that God is all, and remain rested and relaxed, beholding God itself taking place, we watch our bodies heal, our relationships fill with love and peace and purpose, our businesses prosper, and our world harmonize.

It is as we continually impersonalize self and every form of experience and, in the silence and receptivity of the impersonal self, *behold God taking place as all,* that we are being the god of our experience. In this way alone are we "glorifying God." We are doing God's work only when we realize God has no work to do. We are "doing the works you see me do, and greater than these" only when we live the impersonal self that God is as us, and when we live the experience of the beholder of God revealing itself as all being, thing, amount, place and condition.

We are being the god (truth) of our experience only as we have no preference, no opinion, no idea, and no judgment ("Judge not according to the appearance"), but give ourselves and our world and every detail and form of it to God, and *let God get on with being God* as all we are and have. *Then* is God "glorified" (visible and tangible) by our existence; then is God fulfilled in and as and throughout our consciousness, and as every person, place and thing that touches our consciousness.

Despite belief and appearance, God is the only, and God is impersonal and impartial; therefore all is impersonal and impartial. God "makes his sun [truth] shine on the evil and the good, and his rain [truth] fall on the just and the unjust" only because God and all that God is and has is impersonal and impartial. Hear that! *All* that God is and has is impersonal and impartial. If we want the life, love, limitlessness, harmony and wholeness that God is, we must seek God impersonally and impartially, for impersonal and impartial good. When we do, we can have as much good in our experience as we wish to have—the treasures of truthful self, mind, body and world without limit.

Speaking metaphorically, the sun and the rain are experienced only when we understand that they are universal not personal. We can neither expect the sun to shine *for us,* in our garden alone, nor the rain to fall *for us,* in our neighborhood alone. The sun and the rain simply *are* and never can be personal or partial.

Ah, we say we know this of the principle of the sun and of the rain, and would never expect a personal demonstration from them, yet when it comes to the principle of God, practically every person on earth seeks a personal demonstration. Again, *ye receive not, because ye ask amiss.* To evidence the boundless treasures of God as individual being and as earth, we have to lift our awareness into the universal, impersonal and impartial from the local, personal and partial. When we catch ourselves believing that a particular area, organ or function of the body is ill or diseased or injured, or that another area of our expanded world body is suffering lack or limitation, and then seek God for its healing, we must quickly realize the folly of our effort and stop. Living from this level of awareness, and our effort to get God to heal it, result in only one thing—failure.

THE SECRET OF DEMONSTRATION

This is why even long-time spiritual students struggle to live a life of health, abundance, harmony and wholeness. They still believe they need the apparent good things of life, and still attempt to demonstrate them instead of seeking a greater awareness of what the things truly are. If they sought a greater awareness of the presence of God as all, they would have as many good things and conditions as they wish to have. Having an ever greater living awareness of the presence of God as being the one and the only is the great secret of demonstration. Once we have God as our constant, conscious awareness, we have an abundance of all good things and conditions because God and form are one.

We must relinquish our take on life and give our entire selves to that which self (including its universe of form and experience) truly is—God. As we do, we discover, "I live, yet not I, Christ lives my life." God lives my life because God is the only life I am and have; the one presence lives my life because the one presence is the only presence I am and have. That means infinity and omnipresence are living as I and the universe of I.

As God lives my life, all is infinite and omnipresent. Nothing is limited, finite or lacking because God is infinite and omnipresent, and God is all. In truth—in God awareness—all of being, form and activity is infinite and omnipresent, never finite, local, limited or lacking. But again, hear it deeply: *God* is all, *God* is infinite and omnipresent, *God* is life and health, *God* is abundance, safety and security, and *God* is truth and freedom. *God itself* is all, with none else but God itself needed for the tangible good and plentiful experience of all. It is the *God-lived self* that experiences the infinity and omnipresence of the *God-filled world*. This is the key. When mind, body and world is filled with God, the tangible experience of mind, body and world is *of* God: of infinity, omnipresence, life, harmony, peace, freedom and fulfillment of purpose.

Do you now see that any he, she or it which appears to exist locally is just a local or finite sense of reality, not reality itself. God does not exist locally, and because God is the one reality, nothing local is real in and of its own self. Locality is simply a finite sense of that which is forever non-local, universal, infinite, omnipresent, and incorporeal. If we *believe* any beings or objects to be entities in and of their own selves, their presence appears real to us. But belief is just belief, not reality. Only God is real, and it is only reality that evidences itself. Only reality *can* evidence reality.

If you can hear that, you have the entire secret of demonstration. Only God evidences itself, and only God *can*. I cannot, you cannot, and even Jesus cannot: "I of my own self am [and can do] nothing. . . . The Father that dwells in me, he does the works. . . . All things are delivered unto me of my Father." The "Father" is God, which is infinite not finite, omnipresent not locally present, spirit not matter. It is the Father consciousness—God consciousness—that "does the works," heals and pacifies, prospers and harmonizes that of experience which seems to belief to be ill, poor, hungry, incomplete and unfulfilled. God consciousness is the consciousness of spirit, infinity, omnipresence, one. God is not a finite, local being or entity; and it is for this reason that God cannot be made evident finitely or locally no matter how much we need or desire, or how much we pray, meditate and sit in silence for God to be.

GOD EVIDENT AS ITSELF

God, which is omnipresent, can only be evident *as itself.* Omnipresence is fully present at every place and point of the infinite at the same time. But listen to that: *omnipresence* is fully present. Omnipresence cannot be evident as something it is not. Omnipresence does not (nor can it) become "local" presence, "objectified" presence, "finite" presence, or "personal" presence. Omnipresence is incapable of changing, of becoming anything different from or less than itself alone.

Omnipresence, which is incapable of being anything different from or less than itself, is fully evident at and as every point throughout infinity at the same time—*as itself.* There is the key. If we search for evidence of something omnipresence *is not,* we cannot see the very omnipresence that is perfectly visible and tangible right where we're searching.

In the same way, God which is infinity, is incapable of being finite, local, personal, an object, a shape. Infinity is incapable of being reduced to a name, a finite entity that exists at a certain time and occupies a certain amount of space. Infinity is incapable of being finitized, reduced or contained. Infinity is indeed present at every point of itself at the same time; but, again, we have to realize that infinity is (and can only be) present *as itself*—infinity itself—at every point of itself at the same time.

God which is incorporeality is the only presence. Even though there is no denying that that which is one hundred percent incorporeal appears to be corporeal (solid, finite, local, objectified, separate from every "other" person, thing and place), it isn't. Appearance is not truth. We have a corporeal *sense* of that which is incorporeal. The incorporeal is *forever incorporeal,* even as we sense it corporeally as a "him, her, it, activity, amount or place." Our belief and confusion about the apparent corporeal self, body and world do not change the fact that all is incorporeal. It is for this reason that it is a waste of effort reaching up to God, the incorporeal, expecting the healing of our corporeal problems and diseases. These problems exist only in our corporeal belief. The moment we lift our awareness to that which is (the incorporeality of all), we discover our experience to be free of all problems and diseases.

God cannot heal our false sense of corporeality and make it a better false sense. No principle can heal non-principle; the principle of math cannot heal a mistake in math and make it a lesser mistake. Math can only be itself and the fullness of itself. In the same way, God can only be itself and the fullness of itself. And because God is incorporeal, infinite, omnipresent and eternal, perfectly whole and complete and invariably so, all is forever perfectly whole and complete and invariably so—*but corporeal belief cannot see it.* It is we who have to lift our awareness into God, into the incorporeal, the infinite, the omnipresent, the eternal. Then we see the wholeness, harmony and health of all formation.

It is impossible to evidence God as real and truthful form while we continue to have personal, local, material (un-God-like) belief. Only God is, and God is fully and ever present as all, including the very experience that we (in our un-God-like state) believe needs

God. In other words, what we wish for, pray for, meditate for and sit in silence for is already fully present and already perfectly visible, tangible, manifested and demonstrated as its truthful, whole and harmonious form. *But we cannot see its truthful form while we believe it is something different, something less, something corporeal.*

When we fill ourselves with spiritual sense, we are able, despite appearance, to discern omnipresence, not local presence; the incorporeal, not the corporeal; the infinite, not the finite.

When we know (deeply enough) the truth that all is omnipresence, all is incorporeal, all is infinite, all is the one eternal presence, the only presence; when we really know this truth to the point that it has become the life of our life, the blood of our blood, the bone of our bone, the breath of our breath, the sight of our sight; when no one and no condition can convince us otherwise—despite appearance—then all we have to do is rest in that conviction and behold God becoming tangible as our daily forms of experience.

In this God state of being, omnipresence illumines and fills our awareness with itself so that we become consciously aware of *it* as all, rather than the foggy sense of it we were experiencing as we were filled with belief. As omnipresence (truth) fills our senses, we often feel the presence of peace, or light, or heat, or joy, or release and freedom in spirit. It doesn't matter how it is felt; what matters is that we know truth is now filling our senses and revealing its image and likeness throughout our experience, that the truth of all is emerging as the fog of belief is dispelled.

Being and form sensed through the mind remain the same. All still appears to be human, worldly, corporeal, material, finite, objective, local. But illumined awareness knows and experiences the truth—the infinity, omnipresence, life, harmony and wholeness of all. This is what has been called the "healing consciousness." Illumined awareness is the liberty of unillumined experience. "Where the spirit of the Lord is, there is liberty." The "dark" forms of unillumined awareness are filled with the light of truth to reveal whole to *be* this truth that we finitize our sense consciousness. We are being a sense of finiteness instead of infinity, of corporeality instead of incorporeality, of local or personal presence instead of omnipresence, and of temporality instead of eternality. In other words, as we continue to believe we and our body and world condition are something different from God, something other than God, something less than God, the perfect harmony of our conceptual experience remains intangible to us. Being unaware of truth and failing to *be* truth are the only reasons pain and suffering continue in any department of life.

REALIZATION OF OMNIPRESENCE

As we awaken and realize the omnipresence of God, we are opening the windows of awareness through which wholeness and harmony become visible. Omnipresence is whole and equally-present God, therefore whole and equally-present God-good. At each point throughout the infinity of consciousness (any person, thing, activity or place you are conscious of) *there* the whole and equally-present God-good *is*—not only *is,* but is the *totality of the form and life* we observe. "Within" and "without"—*all* is God, one, omnipresence.

Omnipresence is the one and only presence. It does not matter what a particular presence seems to be—human, animal, vegetable, mineral; animate or inanimate. All is God, consciousness, omnipresence, one, and forever whole, without division and category. Only belief divides and categorizes. When we can truly recognize God as the presence appearing to us as Jesus or Gautama *and* the presence appearing to as of a blade of grass, a pebble, a mountain, an ocean, a dollar, a flower and the color and scent of the flower, then we have the consciousness of omnipresence. And when we have the consciousness of omnipresence, we have infinity, harmony and fulfillment as our experience in all departments of life. We have life, love, abundance, happiness, wholeness and nothing less than these because we accept nothing less than the omnipresence of God's being all.

However, by the degree we still believe that appearance is real in and of its own self, we tightly close the windows of awareness, and truth is unavailable to our experience. Lift your awareness to that which is, and in that way keep your senses open and alive to the God-filled universe. *Be* the living God awareness that sees God as everything everywhere. Keep yourself filled with oneness. Know that all is *the one* presence and form despite the multiplicity of apparently different beings, bodies, characters, qualities, things, places and conditions.

Only the one eternal presence exists. Drop the belief in multiplicity, in otherness, in difference—in anything being different from or less than God or one. Forget about decades or years, about days, hours and minutes. Forget about time altogether. God is the all and the only, and because God is eternal, all is eternal. That which seems to be is nothing real at all; therefore multiplicity and its apparent evolution in time is nothing real at all.

Forget about space altogether. There is only one space, and it is called God, and is wholly here, now. The whole of God (therefore the whole infinity and eternity of space) exists in and as the point of a pin, a grain of sand, a cell, an atom and as the totality of you, me and all.

GOD IS

God *is;* God is the *only is*. Whoever or whatever *is,* is not at all what appears to be, but is God. Every point of awareness, every form, every moment of experience *is* and *contains* the whole of God, and none else. "Inside" and "out," only God is.

The whole of God is fully embodied, fully manifested and demonstrated, fully visible and tangible, fully here and now, fully complete. God cannot give you more of itself because you already *are* and *have* and observe nothing but the whole of God as everything everywhere. Equally, God cannot withhold even one grain of itself from you because you *are* the one whole, indivisible and inseparable.

God *is*. Nothing of God can be added; nothing of God can be taken away. You are the very presence called God. All that God is and has is you and yours because God is one, indivisible and omnipresent. "Is it not written in your law [that] ye are gods. . . . You are ever with me, and all that I have is yours." God "and" you are not two, but one; God "and" every thing, place, amount, activity and condition throughout the universe are not two or multiple, but one. *All*, without exception, is God. Knowing this truth, lift into the conscious awareness of God as all—of omnipresence not local presence, of infinity not finiteness, of spirit not matter.

Work out of your consciousness (just as a washing machine works soil out of clothes), and erase entirely the belief in locality being real. Let go of the belief in a personal being named "you" versus other personal beings named John, Mary, Peter and Jane. Drop the belief in objectivity, place and condition being or having any kind of reality in and of their own selves. *Only God is*.

Lift your awareness into *omnipresence*. Lift into the *incorporeal*, into life-form eternal and invariable. Dismiss the belief in age, truly forgetting about calendars and birthdays. They do not mean anything in truth. Celebrate the eternal day, the eternal now. That is your birthday—the eternally new day, the fresh manna of every moment. Celebrate the birth of new awareness at every moment, not a particular calendar date. As you celebrate the ever new birth of awareness you discover ever greater harmony and fulfillment filling your mind, body and world.

Let us celebrate our "birthdays" every minute, every hour, every day. Let us celebrate together, as the spiritual family, because certainly each and every reader of the spiritual message is rising into a greater measure of illumined awareness and the glory and that closes our awareness, therefore our experience, to that which is. As believers we cannot see God. If we believe an appearance of illness, disease or discord to be real in and of its own self, and then get busy attempting to heal it, we fail because in our state of belief, God is invisible to our senses.

The same applies to our world awareness. If we look out into our wider body of consciousness—our true one body—and believe we are witnessing someone or something incomplete or lacking or discordant (disharmonious life, love, finances, relationship or business "out there"), and then get busy attempting to heal it of its own self, we again fail. Whenever we believe an "it" of any nature, category or character, then attempt to heal that "it" of its own self (prosper "it," harmonize "it," bring life or love or freedom to "it" of its own self) we fail. The very belief in an "it" happening in or to or against us or our world *is itself* the fog that keeps truth from being visible and tangible to us.

LIFT INTO SPIRITUAL AWARENESS

Lift from local, personal, finite sense to *omnipresence*. Lift into and live in God awareness until omnipresence becomes the blood of your blood, the bone of your bone, filling your senses to overflowing.

"Set your affection on things above [God, spirit and truth; infinity and omnipresence as the only reality], not on things of the earth [things of belief]." Cease from believing that you need a personal good or personal healing, and setting your affection on these things. Cease from attempting to have rain fall in "your" yard, or "his" or "hers." Refuse to believe and accept the experience of a diseased organ or function of your or another's physical body; or of a lack of your or another's supply; or of your or another's limited business activity; or of disharmony in your or another's family or neighborhood. These are all personal-sense problems, but nothing *is* personal, either yours or another's; nothing is isolated, separate or different from the whole. All is one and impersonal.

In the realization of oneness, we lose the personal belief of self, and in losing it, we find our freedom in spirit. We awaken to the truth that the sun and the rain are universal, never personal. "God causes his sun to shine upon the good and upon the bad, and pours down his rain upon the just and upon the unjust." Rise into the consciousness of omnipresence. Forget about the way "he, she and it" (the personal sense) appears to be. Nothing of appearance in and of its own self is truth. Only God is; therefore only God itself is truth and its forms.

The only reason there appears to be lack, limitation, disease or discord is the belief that our life, body and world are different, separate and less than God. We have unwittingly adopted a personal, local, finite belief, and we suffer it. And because every belief has an opposite, and every belief has form in our experience, we are caught up in a mind, body and world experience full of opposites. Every good has its opposite. Nowhere in the universe of belief can we find good without opposite—truly reliable and invariable life, health, love, relationship, family, supply, purpose, freedom and fulfillment. We are imprisoned in an existence of belief which is itself the root of all pain and suffering.

What is belief, and how can we be permanently free of it? Belief is the sense of God "and." As soon as we accept God "and" (which we have unwittingly accepted eternally until now, as we awaken), we are filled with a false sense of self, mind, body and world—a self, mind, body and world full of opposites. We break free of the entire universe of belief by awakening to the one universal actuality of God, spirit and truth being the only existence—God (good) without opposite.

How? Ignore appearance and lift into the conscious awareness of God, spirit and truth being the *all* and the *only*. Learn to live with a conscious awareness of *omni*presence being the only presence, and all seeming personal, local or finite presence being appearance only, not reality.

Seek "universal sun and rain" rather than personal, local and finite sun and rain. Seek the experience of *God itself* rather than an experience of personal good and gain. This is the entire secret of healing. We must lift our senses away from personal, local and finite belief, need and desire into the one whole, universal presence that is God. The moment we have achieved it, our senses are filled with spirit and truth instead of humanity and matter. We are now able to see, hear, taste, touch and smell this very world as God sees, hears, tastes, touches and smells it. We experience "earth as it is in heaven." We are aware *as a god* instead of as a human, material believer. We know and experience *God* as every person, thing, place and condition. What appears to humanity to be personal, local, finite and limited is "released" to be impersonal, omnipresent, infinite and free, available fully and equally to and as all. No matter where we look and what we observe, *there God is* as *its* invariable, limitless and unconditional life, love, abundance, harmony, peace and fulfillment of being.

THE INFINITY OF SENSE

Every moment, seek to become aware of the omnipresence of infinity rather than accepting the appearance of locality and finiteness. Infinity is the truth of all, and by filling our senses with infinity, we begin to experience the tangible limitlessness of all in our experience. Do not accept the apparent reality of local or finite person, thing, place or condition. "Judge not by the appearance." Do not judge the objective or corporeal appearance of the world, but "judge by righteous judgment," by the infinity and omnipresence and incorporeality of God as all. Judge by and seek the incorporeal, not the corporeal. Judge by and seek the *one whole* that is God, therefore all. Never seek a particular thing, but seek the *one whole* that is

God itself. Never seek a personal good or healed or prospered or harmonized condition, but seek the *one whole* that is God itself. Paradoxically *this* is how to evidence the truth of any and all seemingly personal, local and finite thing, amount, place and condition.

Fill the whole of your awareness and every detail of it with God, spirit and truth as all. When you have achieved that—and keep on keeping on with this awareness, despite all suggestion to the contrary—then you will begin witnessing the infinity and omnipresence, the life and vitality, the love and freedom of not only the body, but of all experience.

We cannot witness truth through the lens of belief or heal or save a form of belief. We can only evidence truth *as truth,* God *as god,* spiritual wholeness, harmony and abundance *as spiritual* being, body and form.

We have to "meet up" with the principle, attune our awareness to and as the principle—the principle of omnipresence, infinity, incorporeality, eternity. Then we have the forms of the principle throughout our bodies and world.

FINALLY, REST

When we are filled with God as all, and can feel the sense of release and relief it gives us, it is time to rest and relax, and simply *behold* God taking place as our experience—just as we would rest and relax and behold the sunrise taking place as our experience.

Rest in "the secret place of the most high"—the secret place of God-as-all awareness—and watch the miracles that become real and visible throughout your mind, body and world. In our rested, relaxed and receptive god-state of being we "see clearly." The windows of our being are open to the forms of "earth as it is in heaven": the health, wealth, peace, harmony and fulfillment of the real, belief-less forms of God as all. We *have* and we tangibly *see* the "image and likeness" of God instead of the image and likeness of belief. We are free in spiritual being, body and world.

You could take this one paragraph, write it out in your notebook, and live with it morning, noon and night for many weeks until it becomes alive and vital within you and overflows as your awareness of all. Your whole life would change and be transformed in just a few weeks. I encourage you to do it.

Truth *is already* everything everywhere. None but God is. "I am the Lord, and besides me there is none else." But belief clouds our senses, leaving us with the forms and conditions of belief rather than the clear vision of truth. Our task, therefore, is not to change that which is untrue into truth, but to spiritualize our awareness so that we can *see clearly* that which *is*. "Whereas I was blind, now I see." In spiritual awareness, the forms and conditions of mind are witnessed as true instead of as clouded. Spiritual seeing is spiritual health, wealth, harmony and fulfillment of all.

We have lifted to that point where the corporeal is now unreal to us, the finite is now unreal to us, the limited or local or personal is now unreal to us; birth, time span, years, birthdays, decrepitude and, finally, death are now unreal to us. We are living the tangible, palpable *truth* of being.

Indeed, God, spirit and truth are the blood of our blood and the bone of our bone. It is every breath we breathe, every sight we behold, every sound we hear, every fragrance with which we're filled, and every form filling our experience. It is our lifted awareness of reality, our "penthouse" self, body and world. We no longer dwell in the lower levels of awareness—the level of belief. We dwell in truth, in God as all. We are "in this world" but not "of it" of its own self.

Keep in mind now and forevermore: nothing local can be healed. Make truth your *living truth*. Lift into and remain aware of the one living truth, the illumined awareness that sees clearly. Then give yourself (and your body and world) the gift of simply resting in silence, beholding God taking place without and without and experiencing harmony, health, love and joy springing up everywhere. "Where the spirit of the Lord is [where spiritualized mind is], there is liberty."

Let us sit with the Master as he teaches us.

> The virtues of the heavens are in God's hands. And every loyal son [and daughter] may use these virtues and these powers. Man is the delegate of God to do his will on earth. And man can heal the sick, control the spirits of the air, and raise the dead. Because I have the power to do these things is nothing strange. All men may gain the power to do these things, but they must conquer all the passions of the lower self [the personal sense of self and world] and they can conquer if they will.

To discover your infinity and freedom of being—your fulfillment of being and purpose—devote yourself to truth. The miracle of life stands within you, as you, and all around you this minute, and as you spiritualize your every moment of awareness, you will quickly see and experience clearly.

Truly seek the kingdom of God, spirit and truth *for its own self,* never for your or my own self; never for the things the personal sense of self believes it needs or desires. Never attempt to heal, harmonize, prosper or pacify anything personal, objective, local, finite—anything with a name, anything detectable and describable. Instead, realize that all already is God, whole, healthy, perfect, boundless, free and true, and that the only need is to clear the clouds of belief by filling the senses with spiritual awareness.

Then, quickly, all becomes evident as the image and likeness of God, good. The clouds of belief have dissipated, and the clear atmosphere of God is perfectly visible and tangible.

Realize that I and form are one; therefore as "I" is filled with spiritual awareness, to the point where the "outer" is as equally full of spirit as the "inner," nothing in the universe can cloud the presence of God as the only reality of all. Lift and remain in the awareness of infinity, omnipresence, eternity, incorporeality as the one universal and equally present reality. This is the god-state of awareness that evidences the miracles of life.

> Man is God on earth and he who honors God must honor Man . . .

The one truth is that "man" (humanity and its world), despite belief and appearance, isn't man, but is God, infinity itself, omnipresence itself, eternal life-body itself—the incorporeal, spiritual, divine one being itself. There is none else.

> . . . for God and Man are one. Behold, I say the hour has come [the moment of awakened awareness]; the dead [human, material belief, those who believe in God "and"] will hear the voice of Man and live because the son of Man is son of God.

We might say it this way: Because the presence of man (each individual who is apparently human, personal, separate and different from God) is actually the very presence, spirit and truth of God, the mind, body and world of the lifted, spiritually aware individual heals and becomes alive, strong, purposeful and fulfilled in truth. *Then* is the true freedom of being experienced.

Eighteen

SENSORY EXPERIENCE

If God is impersonal, and if nothing local can be healed, how do we experience the healing of illness, disease or injury? How do we experience the healing of our greater body of awareness, our world, suffering, disease, poverty, greed, injustice, accident, immorality, racism? Whether we sense a problem happening "to us or in our body," or "out there in the world," it is, despite appearance, the same one problem taking place in the same one place—collective *belief* unwittingly taking place and being accepted within us.

Always remember this: All is God; therefore all is actually perfect and whole despite a him, her or it appearing as either good or bad character or condition. Whatever we observe or experience, we are observing or experiencing God—*including* the perfect body or form of God (good without opposite). Only *our* cloudy sense makes the perfect appear to be imperfect.

Yet it is undeniable that when we experience some form of illness, disease or injury, it seems to be taking place personally and locally "in us" or "to us" or "to our loved one." Even people on the other side of the world experiencing disease appear, to every material sense, to have personal, local problems—problems in "their bodies" or problems of immorality or injustice or poverty in "their families or communities." So let us make sure we understand what these experiences actually are and, therefore, how to free ourselves of them, not only individually but collectively.

The answer is contained in the understanding that God is the *only* and the *all*. There is nothing at all but God itself throughout the entirety of existence. God is the only life, the only mind, the only body, the only presence, the only form. God is incorporeal, infinite and omnipresent and can never be corporeal, finite or locally present. Yes, we (with our five, three-dimensional senses) *sense* God as corporeal, finite and local. But sense is not reality. Sense is sense alone. Just as all our sense can be focused on one small area of the ocean without making the ocean local and small, so our "human" sense is typically focused on one small area of experience at a time, and that does not make God local and small.

Our sense is objective, local and finite, but sense is sense alone, and has no effect on the truth or actuality that what we are observing is nothing but our human *sense* of that which is one hundred percent God—incorporeal, infinite and omnipresent. Once we know this, we hold the secret of healing in our hands. We stop judging by the appearance of either good or bad, and judge "righteously"—truthfully. We lift away from all belief about experience into God itself, and *there,* in God consciousness, we see clearly, the true and perfect person, body and world. As we "see clearly" the healing is accomplished because God consciousness *is* true and perfect being, body and world; God consciousness *is* "earth as it is in heaven."

The only being is God-being because God is *the only.* The only body is God-body because God is *the only.* The only thing, condition, amount, activity, place, world and universe is God because God is *the only.* God is the only and the all, and God is incorporeal; therefore all is incorporeal. Nothing but the incorporeal exists. Being, mind, body, world, universe—all is incorporeal simply *sensed* by us as corporeal. Right here is the key. If you can grasp it, you are on your way to freedom and wholeness in every way—the healing of self, body and world.

God is incorporeal. And because God is all, you are incorporeal, I am incorporeal, all is incorporeal. At our current level of awareness, that which is one hundred percent incorporeal seems to be corporeal, objectified, finite, local and personal. But sense is innocent, powerless and divine, and does not and cannot change the incorporeal into corporeality.

Nothing, nothing, *nothing* can change God! The level of sense we call "human, physical and material" (and every level of the infinity of awareness) is God and full of the goodness of God, good without opposite. It does not matter how many faculties and dimensions we (or any others of the infinity of being) use to *sense* the one and only life. Regardless of the degree at which we may be experiencing our existence, what does matter is knowing and living in the freedom and purpose of God as all; knowing and relying on the reality and absolute practicality of God as the harmony and fulfillment of all.

God is entirely undetectable by humanity, which believes nothing but the objectified, structural universe of sense. Human belief is limited to five senses, three dimensions, time, space, cause and effect; and belief can detect only its *own form,* nothing beyond. Operating within the confines of belief, a doctor or a surgeon can do very good work. He can reduce a fever, set a bone, purify the blood, treat cancer and remove a tumor. But he has no idea how these same ailments can be healed by an individual in spiritual consciousness, even from half way around the world. The individual in spiritual awareness does not operate within the restrictions of time and space, cause and effect. He is not attempting to improve or heal anything of structure. He is lifting an individual's awareness which gives the patient a higher sense of his non-structural actuality (his truth); and in that higher state of awareness, the patient experiences his health, wholeness and harmony of body.

Spiritual being, mind and body are entirely invisible, intangible, incomprehensible and nonsensical to belief and the believer, yet are so real and practical that they achieve boundlessly more than doctors, surgeons and charities can achieve. Spiritual consciousness, in experience, reduces fevers, heals bones, dissolves tumors, purifies blood, renews and replaces organs; it feeds the hungry with actual loaves and fishes, actual hot or cold meals of every nourishing variety; it brings tangible safety and security to the threatened and insecure, homes for the homeless, abundance for the poor and struggling; new customers, clients and patients for the businesses; love and comfort for the afflicted; peace to the warmongers.

It is only belief that throws us into the experience of lack and limitation, disease and poverty, frustration and war. Only belief is finite, has opposites, and seems to be an existence full of good *and bad.* Only belief seems to lack God, and seems to be unable to reach God, even when it screams for his help—as we, in belief, very often find ourselves doing in the agony of pain and suffering.

What seems, to belief, to lack the good, wholeness and harmony of God is not lacking God (therefore good) at all, but is simply lacking the *living awareness of God.* God is all, and God is forever whole, complete and harmonious, but God must be *realized* for the good without opposite to be visible and real to our senses.

The incorporeal is never corporeal although it appears to be (whether we know it or not, and humanity does not know it). If we are unaware of this, then the belief in humanity, materiality—a structural being, body and universe existing within time and space, full of cause and effect—will make the wholeness and perfection of the incorporeal appear to be the good *and bad* of the corporeal. Whatever of corporeal good (healthy and abundant form) we believe we lack or need isn't what is needed. The only need is greater God awareness. The one need is greater awareness of the incorporeal being—the only and the all. When we have *that,* we have the good, healthy and abundant forms of corporeal sense right where we are and wherever we are, in unconditional and limitless quantity.

ONENESS IS

Oneness *is,* and is full of the goodness of God and none else.

Oneness is the infinite, the omnipresent, the eternal. Oneness is the abundant life the Master told us about. "I [oneness, God] am come [into individual awareness] so that ye may have life, and have it more abundantly." The greater amount of God awareness we have, the greater amount of corporeal good we experience because God is good alone, and God is all.

There is nothing "more" of God or oneness to demonstrate or manifest, or to somehow make visible and tangible. Oneness *is,* and because the entire universe of experience is that oneness (and not different or separate, not a different state of existence but the one and the same) all we have to do is become ever more aware of *oneness* to witness it as ever greater "corporeal" life, love, harmony, peace and prosperity.

The incorporeal (God) is forever whole and omnipresent, perfect and incorruptible. Any degree of absence or incompleteness is unknown to it, and impossible for it to form. Illness, disease, injury, youth, middle age and old age, birth and then death, lack and limitation, poverty and hunger, immorality and injustice are all unknown to it, and impossible for it to form.

Oneness is *one,* the *same,* and *omnipresent* throughout. The concepts of invisibility versus visibility, intangibility versus tangibility, unmanifested versus manifested, undemonstrated versus demonstrated, God versus man, spirit versus matter are entirely unknown to God, and impossible for God to form.

Oneness *is*—period. Oneness is the whole truth. In oneness, nothing remains to be "done" or formed or overcome or healed or transformed in any of experience whatsoever, because oneness has only one experience, and that is oneness itself, and the fullness thereof. Nothing "needs to happen" before we experience the fullness of life, relationship, business, affluence, harmony and peace throughout, because all is already done. All already is God (oneness, the incorporeal), and when we know this and then lift into and maintain the awareness of God (oneness, incorporeality), we see it, have it, and can absolutely rely on its presence as the harmony and completeness of everything we experience.

Nothing of God, good, remains to be demonstrated or manifested. Oneness is eternally fully demonstrated and manifested. Better stated, oneness *is* demonstration and manifestation. There is no other. If there were something remaining to be "demonstrated," oneness would not be one, but two or more. One is one alone, and cannot be two. And for one *to be one,* it has to be one throughout, which God is. Oneness cannot and does not consist of one half invisible and the other visible, one half intangible and the other tangible, one half manifested and demonstrated and the other half still needing to be—with a middle-man named you or me performing some spiritual trickery that gets the job done. The whole concept is nonsense, of course, and can only have been dreamed up by nonsensical belief. Oneness is one, and because oneness is all, you are that, I am that, and all are that.

I AM THAT

"I am that I am," and "besides me [besides oneness] there is none other." Throughout all the scriptures of the ages, we have the same message: *I am that, the one and the only, and besides me—besides one or oneness—there is none else.* Indeed, it is not possible for any other being or thing to exist in the oneness that is God.

Besides God, one, infinity, omnipresence, eternity—the incorporeal—there is none else. Do not make false idols of oneness. Know and rely on oneness as oneness, never as two or more, never as different or less or separate. Do not believe that there is something "other" than oneness, other than God itself fully visible and tangible as itself, because if you do, you'll suffer by that belief. There is never a need to suffer. All one needs, despite appearance, is to lift into greater living awareness of oneness being all, God being all, the incorporeal being the one reality and form of all.

"Ye are gods, and all of you are children of the most High." I am the child, the offspring, the very presence, being and form of God. I am that, and all is that.

I, empty of personal self, am one with God (God as me). There is no difference between God and my selfless self because all is one, and there is no lesser or greater in oneness.

As the sunbeam is one with the sun, I am one with God. As the whole universe of light is one with the sun, I and my whole universe are one with God. No difference exists anywhere throughout the infinitude; no lesser or greater amount of God, oneness, exists anywhere throughout the infinitude; nothing is separate and isolated from God, oneness. Indeed, all is the one, fully and tangibly present as all the forms of existence, including the form I am, and the form all is.

SENSE EXPERIENCE

Being, body, mind, world and universe at "our" level of three-dimensional and five-sense awareness appear to be, without spiritual discernment, personal, finite, local, objectified; of time, space, cause and effect. But appearance does not change actuality. The one actuality is God, spirit and truth. *All* is God, and besides God there is absolutely none else. No matter what the appearance may be at any moment, or what we believe about it, *all is God, good without opposite,* and nothing in the universe can change this one actuality, this one truth. Everything everywhere, despite his, her or its appearance (human, animal, plant, vegetable, mineral, animate or inanimate, good or bad) is actually God. And because all is God, all is spirit, incorporeality, infinity, omnipresence, eternality, oneness—wholeness and perfection without opposite.

Sense is a wondrous and miraculous faculty. As we awaken to the truth of all being God, we know that everything we sense is nothing but God. When we know that nothing but God exists, sense appearance can no longer fool us. Sense is simply a moment-by-moment objective experience of God ("earth as it is in heaven") and is laden with God. "The earth is full of the goodness of God."

Sense has no power, therefore has no power of change. Sense does not and cannot change God. Sense is innocent and impotent, and is, as its truth, the divine faculty of awareness. We do not create, gain, achieve, fix or heal with sense; we simply behold and serve God as sensed experience.

Sense can be likened to a filter on a camera. We can attach numerous different filters to our camera—one making the sky appear to be purple, another making the sun appear to be a starburst, another twisting people into distorted aliens, another polarizing the atmosphere. If we look at the image alone, without knowing a filter has been used, we could well believe the image. Yet the filter image and our belief about its reality do not change the object one iota. The sky, the sun, the person and the atmosphere remain as they are. Only the *image* of them appears to be different.

Equally, we know that the filter contains no power, therefore no power of change. All power is in reality, not the filter. The filter is incapable of *actually changing* the sky, sun, person or atmosphere—or anything whatsoever. It simply filters or changes the *image of* the object, but never reality.

In this way we understand sense. All power and presence is in God, not sense. Our entire sense experience—appearing, at face value, to be human, personal, objective, finite, local; of time, space, cause and effect—is not what it appears to be, but is unchanged and unchange*able* God. We are simply having a corporeal sense of the incorporeal, but the incorporeal remains unchanged, therefore forever whole and complete. God is never absent but always fully present. "When all material streams are dried, thy fullness remains the same." And because God is life, love, harmony, peace, oneness and fulfillment eternal, "thy fullness" is always fully present, never absent, never lacking and never different.

Because God is never absent, *the visibility, tangibility and here-and-*

now reality of God are equally never absent. The belief in God being invisible and intangible is just what it says—*belief.*

All belief is unfounded in truth. Whoever suggested that God is invisible did not have the whole truth, or at least was unable to clearly explain it. The whole truth is that God is invisible to belief, therefore to the person who believes belief. God is, of course, not invisible or intangible or unreal or impractical to itself. Therein lies the answer to the truth that has forever been a mystery to mankind and even to the majority of spiritual students. God is entirely invisible and unreal to belief and to the believer, but is entirely visible, tangible, real and practical to God and gods. "Ye are gods, and all of you children of the most High." To one in a God-state of being, all of God is perfectly clear and visible, but to one in a belief-state of being (a "filter-state" of being), none of God is visible. To one in a belief-state of being, God is not anywhere to be found. Belief can only see itself and nothing more than itself; belief can only experience its reality, but never the one actual reality that is God, unconditional good without opposite.

It is only as we introduce *belief* to sense, that our sensed experience becomes that *of* belief. And because every belief has an opposite, our experience is filled with the pairs of opposites—a universe (mind, body and world and every detail, form and activity of these) of both good and bad.

The belief-world is entirely unreal and untrue. The being we have believed we are is not the being we actually are. The mind, body and world we have believed to be real have no reality or truth. The hindering and limiting condition of mind, body or world we have believed to be real, and which somehow needs to be overcome, has no reality or truth.

Belief-sense does nothing but assume that imagery (apparent condition) is reality, whereas God-sense does nothing but behold God in action as all.

Knowing the truth that God is all and that sense is simply powerless imagery of God as all, we relax our effort to survive, to heal, to attain, to gain, to satisfy and parade the personal self (the ego self or selfish self). We begin worshiping, giving, serving and sharing God as the very purpose and fulfillment of our being, and this way we experience our true, full, free, boundless and purposeful self.

Nineteen

THE LIVING LIGHT

The chapter "Sensory Experience" has just been finished. It has existed eternally and has forever been available to our awareness, but it took a God-state of being to hear it and see it, and therefore enable the world to see it—to *have* it as the real and tangible truth message given in that chapter.

This is the secret of all discovery, all health, wealth, loving relationship, peace among men and women, and harmony throughout the world. It is the secret of fulfillment of purpose, of successful and prosperous business, charity or church, and of union among neighbors, governments and countries. It is the secret of "earth as it is in heaven," earth full of the goodness of God.

The wholeness (harmony, fulfillment) of any and every category of life that seems to be—and *is* to belief—ill, diseased, injured, weak, poor, unstable, unjust, immoral, insecure, unsafe, unhappy, unsuccessful or decrepit exists here and now, and is fully visible, tangible, manifested and already demonstrated in and as your presence this minute.

It has existed eternally but belief cannot see it, cannot have it as real and tangible. Belief cannot detect its reality and fully visible presence because belief can only see itself—the pairs of opposites. But remember, "When all material streams are dried, thy fullness remains the same." No matter what material belief suggests of good or bad, presence or absence, truth stands right there in all its fullness. It takes only a God-state of being (our natural and true state of being) to dispel the clouds of belief and bring truth forth—to see its perfectly-formed presence and visibility standing right where we are. "Whereas I was blind, now I see."

Let us assume that, at this moment, there is something disharmonious or discordant going on with the body: illness, disease, injury, weakness, old age or decrepitude. Why is this our experience? It is the unwitting acceptance of imagery (form) as reality—the experience of belief and nothing else. And because it is belief, it has no power in the presence of God; it has no ability to remain in your experience (or that of another) because belief has no law or principle to sustain it.

The more of belief we are filled with, and the less of spirit, the more belief-forms (good and bad) we unwittingly accept as being real. Belief is pervasively hypnotic. We must continuously guard our awareness by knowing the truth of oneness, and by keeping ourselves in a God-state of being.

To experience God as all, we have to be in a god-as-all state of being. A belief- or material-state of being cannot see God. Equally, God knows nothing about belief or matter and so cannot help or heal it. What appears to be belief or matter is actually the fullness of God. The one state of being (awareness) required in order to have and to tangibly see God as the forms of our worldly life is a God-state of being.

Being in a God-state of being *is to have* a god-state of mind, body and world. A God-state of being does not *produce*—but *is itself*—healthy, wealthy and harmonious form. God and god-experience are one and the same presence and form, not two, not different, not separate. God, oneness, consists of *only God, only one throughout,* not God "and," not two, not different, not less. Oneness consists of—or better stated, *is itself*—life, wholeness, abundance, love, union and none other. Oneness is full of and omnipresent as itself alone. Oneness does not contain time, space, cause or effect, good versus bad. Belief-sense is these, but reality is one and invariable, fully and perfectly existent at every place throughout the infinitude (which *is* oneness). Oneness is wholly one as and throughout itself (the only), eternally intact, unadulterated and incorruptible.

Nothing of oneness is lacking something else. There *is nothing else* in oneness; therefore there is never lack or limitation, need or desire. To be in need of or desire anything at all would require two states of existence, one who lacks something of good and another who can supply it. In twoness, one of the two could easily lack the other, or a measure of the other. In multiplicity, one state of being can (and usually does) need or desire many other "improved" states, things, amounts, qualities and conditions which it sets out to gain from other members of multiplicity. But in oneness, only one is, which eternally *has* and *experiences* the whole of itself—the whole being infinite, omnipresent, omnipotent and omniscient.

A God-state of being is God-filled awareness, with no or little belief in it. It is the conscious state of oneness without "otherness"—the fulfilled state of oneness with nothing to demonstrate. There is no such thing as "undemonstrated" oneness, "undemonstrated" God. Oneness is already and forever demonstrated and the God-state of being knows it and lives the freedom of oneness—never wanting, never desiring, never making effort to gain a form of good or to be rid of or heal a form of bad. Good and bad are nothing to the God-state of being. Only *God is* to the God-state of being. Appearance no longer fools it.

In conscious oneness, all of sense and its forms are spontaneously fulfilled at each moment. Oneness *is itself* the fulfillment of all sense and all form. Indeed, conscious oneness *is* all sense and all form (the seeming two being one), invariably whole and complete at and as every moment of experience. Need and desire no longer exist. Oneness *is.*

LIGHT OF THE WORLD

> In Him is life; and the life is the light of men. And the light shines in darkness; and the darkness comprehends it not. The true Light lights every man that comes into the world.
>
> God is light, and in Him is no darkness at all.

The further we are drawn from a God-state of being (our natural and true illumined state of being), the "darker" is our awareness. Just as in the dark of night we cannot see clearly, so in unillumined awareness we cannot see God-form clearly. In the dark of unawareness, we have misidentified who we are, what our bodies are, and what our world and everything in it are. We have unwittingly accepted what we've been taught by the world—to believe the little we can see as being reality.

In our state of belief, we stumble and search for our good in the dark. We make effort to gain that which we already are and have, but cannot see. We believe we are mere and temporary human beings with physical bodies existing in a world of both good and bad. We believe we "do not have" the infinite and divinely purposeful life that God is as all, so we invest our years in attempting to be of some worth, to get and to gain, to be recognized and rewarded, to find some purpose and accomplishment from our existence. When we are presented with a problem of ill health, poverty, unloving relationship, unhappiness, limitation, or restriction of expression, we seek to heal, rectify, pacify, prosper or harmonize our problem. Finally, as the "end of our life" approaches for one or other physical reason, we struggle to survive another few years, months, weeks, days or hours. This entire "human" account is mis-identity and mis-effort believed to be real, and is ours for one reason alone: we have not realized that we are the "true Light [that] lights every man that comes into the world."

All of humanity's problems, no matter what we believe they are or what name we give them are rooted in *one* problem alone: the "dark" of belief in which we cannot see our truth. The one root solution or healing of any and every problem is to awaken to the light that we are and have, to illumine individual and then collective awareness, to realize that because God is infinite and omnipresent, God is all; therefore we and all are that. In the light of truth, all is whole and complete, loving and harmonious, peaceful and true.

A LACK OF LIGHT

Dark is not an entity but just a *lack of light*. When we understand that all problems are nothing but forms of dark awareness —which we've believed are real but are actually nothing more than a lack of spiritual awareness—we can see that healing is as spontaneous as the morning light "healing" the dark of night.

As the light of truth fills the dark of human belief, any and every need or desire is spontaneously fulfilled. All fulfillment already and forever exists right where we are. It is only our dark awareness that seems to leave us "without" all and unconditional good. As soon as we are filled with the light of spirit, we *see* and *have* all good. "Whereas I was blind, now I see."

The former concepts of need and desire are obsolete in the light of truth. Good and bad are non-existent; therefore need and desire are non-existent. *Only God is,* and God alone is real and tangible when we have awakened to and are alive to the light of God as all.

In the light of the infinity and omnipresence of spirit we are free and limitless. Our minds are known as the one mind and are full of light, spirit and truth. Our bodies are known as the one body and are full of health, vitality and purpose. Our world is known as the one world and is full of milk and honey, silver and gold, love, harmony and peace—"earth as it is in heaven." Each moment of illumined mind, body and world experience is the fullness of God, spontaneously evident hour by hour, step by step. In fact, God experience is quicker than spontaneously evident experience because "Before ye call, I will answer." Before we are aware of the next hour, the next step or the next activity, *there God is* because God *already is.* Just as when we turn a corner and are presented with a new view (not *made* spontaneously evident, but *already existent* before our awareness arrives at the scene) so God exists as the perfect harmony and wholeness of all, even before we arrive on the scene. This is the meaning of the statement, "I will go before thee, and make the crooked places straight." The crooked places of belief are made straight before we get there as long as we are in a God-state of being, an illumined state of spiritual awareness (of God as all).

The kingdom of God (truth) is finished, whole and complete. Therefore the kingdom of you, me and all is finished, whole and complete. God *is,* not "will be" or "is evolving towards," perfection, but *is* already and eternally whole and in (and existent as) perfect and equal order. God *is,* and God is omnipresent; therefore omnipresence *is.* Omnipresence is the only presence—the only type, form, visibility, tangibility and experience of presence. Whether we are aware of this truth or not, there is none other. All of God (good) is already "here, there and everywhere," fully complete and perfect, fully manifested and demonstrated, before "our" awareness arrives "there"—wherever, whoever or whatever "there" is.

Omnipresence is the whole of God; therefore every "here, there and everywhere," and every person and form are and have the *whole* of God. God is one, indivisible and inseparable. This is why you can rest assured—with absolute conviction and trust—that only the *whole* exists whether he, she or it *appears to be* one solitary cell or all the cells in 7.3 billion bodies, one breath or all the breaths of humanity, one small pebble or an entire mountain range, one dollar or all the currency on earth.

And because God is all, and God is good without opposite, all of experience and all of its trillions of forms are life, love, infinity, omnipresence, omniscience, omnipotence, peace, bliss; freedom of being, purpose and expression, harmony and oneness throughout—unconditionally and eternally as the *is* of all existence.

Being full of God awareness is to be in a God-state of being. The further away from God we are in conscious awareness, the more "dark" (belief, materiality) we have in our "house," and therefore, the more of the pairs of opposites (good *and bad*) as our experience.

Even one degree away from God awareness has an "and" in it—God "and." Right there, with that "and" sitting in us, we are the "prodigal" son or daughter and open to the hypnotic belief of a mind, body and world different and separate from God, exposed to a tricky balance of good versus bad, or more accurately, good battling bad. The "God-and" in us is making "false idols" of the oneness that all is. As soon as we have a false idol (a belief in an existence or entity other than God) we fall for it. It is collective belief self-accepted, therefore self-believed. We fall for our self-accepted "he, she or it" idol. We believe he, she or it to be real, and we then get busy catering to that believed reality. We start making all the effort needed to gain and maintain health and harmony, love and prosperity, reward and recognition. Even nearing the end of our belief-lifespan, we invest the last of our money, time and effort attempting to keep alive an existence that is nothing more than concept. We've drifted away in conscious awareness from pure God, pure truth, pure spirit, pure oneness; and we suffer it.

We have God "and" a personal sense of being, body and world. We have God "within," but we also have "me" and "my body" and "my world circumstance" out here. There's the "and"—the "prodigal son," the "divided house," the "false idol." We can intellectually accept that God is all, and that God is therefore the truth of our beings and bodies, but then the personal I has a problem for which God is needed. There's the belief in separation, in life and body being different from or less than the very life and body of God itself.

THE SENSE OF NEED OR DESIRE

As soon as an "and" exists in us, it is sensed as a need or desire. The "and" *is* the sense of need or desire because everything we *have* occupying our belief has form. Belief "and" form are one just as consciousness "and" form are one. Oneness is an unavoidable principle. The belief in an "and" different and separate from God *is itself* the sensed separation and division from God, therefore the need or desire for good to be added, attained or achieved. Whatever occupies your awareness populates your experience because awareness and form are one.

When we have God alone filling our awareness, we have God alone filling our experience. But if we have God "and" as a belief, then we have God "and" (good and bad) as our experience. Either God is our experience or belief is our experience because the principle of oneness cannot be avoided. In the Master's words, "If you know yourselves, then you will be known and you will know that you are the sons of the living Father [the living truth]. But if you do not know yourselves, then you are in poverty and you are poverty."

There is no "and" in actuality or principle—in God. There is *only* actuality, *only* principle, *only* God—one. God is one, self-complete and perfect, fully demonstrated and manifested throughout. The only existence is God existence—complete, whole and perfect existence. Only life is, only love is, infinity is, only omnipresence is, only freedom is; only the bliss, only the peace of true and boundless being is, and besides that "is," there is nothing else.

Every degree "further away" from God awareness we allow ourselves to be—every degree by which our awareness is more dense, more material, less illumined, less spiritual—the seemingly "darker," more "separated," more "needy" is our experience. On the other hand, every degree of God-as-all that fills our awareness fills our experience with the light and omnipresence of truth (including all truth's form). True God awareness and true God form are one. The oneness of God-as-all becomes ever more visible and tangible as we keep our awareness filled *with it,* and live our lives *as it*—as the being, body and expression of God, oneness.

"God is light, and in Him is no darkness at all." The words "dark" and "darkness" used in scripture mean "a lack of God awareness." A God-state of being (God awareness) is illumined awareness; a human state of being (a lack of God awareness) is unillumined or dark awareness.

Our state of awareness is our *all.* Our universe of awareness *is* our universe of experience. This is why every spiritual master teaches us that we need to, and teaches us how to, illumine (spiritualize) our awareness. Illumined awareness *is* illumined (whole, harmonious, abundant and free) being, mind, body and world experience.

Whereas the human or material state of being is the "dark" (good and bad) of its world, Jesus told us, "I (God and the God-state of being, or illumined being) am the light of the world." But all of the good and bad being and world is nothing of its own self. It is a lack of God awareness, a lack of illumined awareness, rather than an actuality, a real entity. There is nothing real or sustainable about it because only God is; therefore only God is real and sustainable (eternal). The pairs of opposites exist in experience only because our awareness is not yet spiritually illumined. Both good and bad of any and every nature or character are unreal. They are not entities in and of their own selves. They are belief-experiences alone and can be instantly dissipated in the presence of the light of spirit. "Where the spirit of the Lord is, there is liberty." Where the presence of light is, there is no darkness but just light.

HEALING THE BODY

Even though it is hard to hear, especially as we are suffering and in pain, we have to know that it is our individual, unwittingly accepted awareness that leaves us with the experience of illness, disease, injury or accident. Equally, it is our individual, increased God awareness that frees us of the experience.

The whole of God exists and is fully embodied in and as you this moment and forever, and because God is the one power, presence and form, all power, presence and form are *with you.* One with God consciousness is a majority. No power exists outside of you and no being, presence, form or activity can control you, harm you, hinder you, make you suffer or overcome you.

Our entire experience now (from the moment of realization that God is all and that self, body and world are nothing of their own selves) is governed by our state of awareness. By the degree that we continue to believe humanity, the pairs of opposites, the personal self, the physical body and the material world, we will continue to suffer; but by the degree we fill ourselves full of God awareness each and every hour, we become free of all suffering and all its forms. Our awareness is full of light "with no darkness in it at all." We are filled "inside" and "outside" with God alone.

Never let go of God awareness—in the same way as you would never let go of a young child's hand on a busy street. Seek always to hold onto a God-state of being rather than slipping away into a material state of being. "Love the Lord thy God [the truth of being, body and world] with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength." This is the key to a God-state of awareness.

Anyone can experience healing here and now because, despite appearance, the true, forever healthy, vital and incorruptible body is the only body we all have—the spiritual body *appearing to be physical* at our level of "human, physical, earthly" sense. As we know this truth and cease from attempting to heal a body that doesn't need healing, and instead make our effort to lift into and maintain a God state of being, and there rest, relax and freely receive the omnipresent light of truth, the visibility of the true body emerges through the dissipated clouds of collective belief.

It is only collective clouds of belief that have fooled us and stopped us from being, seeing and tangibly having all the freedom of truth we wish to have in every category, form and quality of life. From the moment we awaken, we are no longer fooled by appearance, and we walk free in spiritual being, body and world. The body stands in all its truth and all its health, fully real, visible and tangible. It appears to be the same body, yet is entirely new. The body of belief never was the body of truth (the "image and likeness" of God, the untainted objective sense of the spiritual body). It was the image and likeness of belief, but is now free in spirit.

From this moment on, dear friends, realize that the "personal, physical" body—which inarguably *appears to be* local and may now be suffering ill health, disease, injury or accident—has nothing to do with "you" or "yours." The entire "personal self and body" experience is that of collective belief (therefore of good and bad) and not God, truth, which is good without opposite.

THE PERFECT BODY OF SPIRIT

Only God (one) is, which is spirit, which in turn means only one body is, that body being spirit. You are spiritual being with spiritual body, and because spirit has no matter in it at all and is, therefore incorruptible, undamageable and of eternally perfect form and order, your true body, and mine, and all body, is that.

An ill, diseased, injured, decrepit or dying body is a body of belief alone. God is life eternal and does not (nor can it ever) become ill, diseased, injured, decrepit or die. Life cannot and does not die; therefore the body of life does nothing but live—vitally, freely and eternally. Do you see, therefore, that all that has to be done to heal the ailments of the belief-body is to know this truth, rest in the midst of the true body, and let its light dispel the clouds of belief? In other words, simply rest in the presence of God which is omnipresent as you, your very spiritual presence, which often feels like peace or warmth or light or love "happening" within, and let it "do the work" of dispelling the ailment of belief. This is the way of healing.

Never attempt to work on "the problem," or to heal "a reality" named illness, disease, injury, decrepitude or death. That is the way of failure. "Ye ask, and receive not, because ye ask amiss." Only God is; therefore, God is the only life, presence *and form.* And God is omnipresent and incorruptible; therefore, if we believe an appearance to be real, an actual entity with its own life and form, we are out of spiritual awareness and cannot evidence spiritual health and harmony. Never attempt to bring truth to an entity you believe needs it. Never attempt to get God to heal anything at all. If we do attempt it, we obviously believe in an entity other than God that is in desperate need of God. We have fallen down before we begin.

What we must do to keep standing in truth, and to then quickly witness truth where untruth seems to be, is to realize that *all* is God and that there is no exception to this truth. It is not wrong to want healing and health, or to want any other good whatsoever. It is right to want harmony and freedom in every department of life, but if we attempt to get God to heal or transform the various entities in our experience that we believe are something other than God, we fail. Such efforts are wasted and exhausting only because they are impossible to achieve. They are like attempting to make a rock fly. A rock cannot fly no matter how much we would like it to, and an entity other than God cannot be made God-like (whole and healthy) no matter how urgent the condition is believed to be, or how desperately God's help seems to be needed.

This "hard" truth has to be made clear; otherwise, we and others for whom we could be witnessing truth continue to needlessly suffer. All conditions that appear to lack God (good) are not entities but are a lack of God awareness. "God is light, and in Him is no darkness at all." Where dark appears to be real, we must realize it is just a lack of light, and where health and wholeness appear to be lacking, we must realize that experience is just a lack of illumined awareness—a lack of God-as-all awareness.

The solution? It is certainly not to sit and pray for light to heal our dark. If we rehearse our truth, meditate and sit in silence for God to heal our ills, all we'll get is prolonged illness. "God does not potentize the pool for a favorite few." God, principle, does not favor those who pray, meditate and sit in silence over those who do not. Nor can God be influenced, even by the Master. "I can of mine own self do nothing. . . . I seek not mine own will, but the will of the Father which has sent [is] me [and all]."

God *is,* and cannot be influenced any more than the sun can be. God is principle. Rather than attempting to influence principle to work for our collective beliefs, all we have to do is attune ourselves *to it*. Then we *have* as much of that principle and as many of its forms as we would like each day. When we know the one principle of God—which is God-*is*-all (not "will" be, or can be "made" to be, but already and forever *is*)—and then attune our awareness to *it,* we have the full and infinite measure of God as everything of our mind, body and world. We *have* the life, health, vitality, resources and limitlessness of the infinite, and all un-God-like appearance dissipates and dissolves as the non-entity or unreality it has always been.

God is the one, actual and only principle and form of all—the master principle, presence and form. God is the almighty and all-present *oneness* of existence, therefore that which is you, me and everything of earth, space and infinitely beyond. Because God is the one and the only, God is fully present, fully manifested, fully demonstrated, fully visible, fully tangible, fully real and fully practical. And every presence is God because God is the only presence. The only thing that ever presents itself to us is God. God is the *only,* the *one,* the *all-in-all* and the *all-of-all.* Do you see, therefore, that we only have to lift above what we believe, to God itself, and there we discover our whole minds, bodies and world full of God? We have to lift our awareness to God rather than hoping God will fix our belief. Light does not fix dark. Dark is a non-entity. To understand the dissipating of dark, we only have to understand what happens in the presence of light. Where the presence of light is, dark vanishes because dark is nothing but a lack of light. In this way we understand the great statement, "Where the spirit [presence] of the Lord is, there is liberty," and, equally, we understand how ill-health, disease or any discord or disharmony at all vanishes in the presence of God consciousness or a God-state of being. Where God-as-all is, there is God as all form.

This is the miracle of being and this is the purpose of being—that we reveal the glory of God (the truth of being, mind, body, world and universe). "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

Every day I am grateful that we are unable to influence God. If we were able to, not only would the universe be in a state of chaos within an hour, but we would never find God itself—just as we would never find math or aerodynamics if we were able to influence them. Math itself would remain a mystery to us if we were able to influence it to benefit our need with 3 x 3 = 7, while our neighbor was able to influence it to benefit his need with 3 x 3 = 21; aerodynamics would be forever unavailable to us if we could influence it to fly our rock. The only way to discover these (or any) principles, and then live with their boundless benefits, is to lift *our awareness* to *their* reality. As soon as we have achieved that, we have the universal benefit of these principles.

Likewise, the only way we awaken to the all and unconditional good that God is and visibly and tangibly *have* its universal, all-inclusive benefit in every most practical way, is to lift our personal-self belief into the one reality of truth. It does not matter that all belief is collective and not personal. It also doesn't matter that belief is pervasively hypnotic. The one thing that matters is how individual you and I dismiss belief and its false forms as the nothingness they are and keep our awareness filled with the truth of God as all.

"One with God is a majority," so as *we* keep *ourselves* lifted in a God state of being (lifted in spiritual awareness, filled with the palpable presence and peace of God as all), we are the "window of heaven" on earth, the light which dispels the dark throughout our minds, bodies and worlds. We are "the light that lights every man that comes into the world"—the light, the truth-revealed of all worldly form, thing, amount, activity, place and condition. "Where the spirit of the Lord is, there is liberty," but where belief remains, there is discord and lack.

"God is light, and in Him is no darkness at all," and because God is all, I am that light, you are that light, all is that light. My being, mind, body and entire world—inclusive of everything in and of them—are light with no darkness, no otherness in them at all.

God is "of purer eyes [purer substance, life and form] than to behold [contain or include] evil, and canst not look on iniquity [has no awareness of iniquity, belief, non-God experience]."

The one light which is all, is too pure to contain or behold darkness or otherness of any type, name or category. God is—period; there is none other.

Belief is nothing, yet appears to be real to the believer. But in light there is nothing except light. In illumined awareness there is nothing but illumined being and form. And because the light of God is the life and body of humanity and the life and form of earth, illumined awareness is the one and incorruptible life, body and form of all being and all earth—being and earth "as it is in heaven."

God is light with no darkness in it at all. God is infinity, omnipresence, eternity with no finiteness, locality or temporality in it at all. Therefore you, I, and all are infinity, omnipresence and eternity with no finiteness, locality or temporality in us or about us at all.

I am the light of the world. I put away belief because I no longer wish to *be limited and hindered by the forms, activities, amounts and conditions of disharmony, ill-health, lack and limitation. I am no longer willing to live by material sense. I am willing to live only by spiritual sense, and in that way experience the infinity, freedom, purpose and fulfillment of my being on earth.*

I am the light of God as individual being, and besides the light of God, there is none else. There are no shadows, no beliefs, no pockets of darkness, no disharmony, discord, lack or limitation in mind, body or world. There is nothing but light, the one and all-inclusive light that God is as all.

If infinity included anything but the one existence of truthful being, mind, body or earth, then two gods would co-exist in conflict with each other—the good god forever battling the bad god. Orthodoxy may believe scripture to be the account of two opposing forces—a "higher" God of good opposing a "lower" god of bad—but spiritual discernment reveals one, all-present and almighty God, the God which is spirit and truth, which has "no God besides me."

God, truth, is one, and one alone. "I am the Lord, and besides me there is none else. . . . the earth is full of the goodness of the Lord." As I fill my awareness to overflowing with God-as-all, and as I continually dismiss the suggestion of anything but God as all that I am and experience, I become the presence of God which is the light—the presence and influence of truth—unto all. "Blessed are the pure in heart: for they shall see God."

"JUST LIGHT AND PEACE"

Some years ago, my attention was drawn to a lady sitting at the back of a class. She stood out. She showed no reaction to the message we were hearing, although her attention never wavered. She cautiously did not mix with the other students, nor did she say a word throughout our two days.

Then at the end of the final class, I asked if anyone would like a question answered, and this lady opened up and said, "No question, but I want to say something about what we've been hearing. I am a chemist, and in the laboratory we use electron microscopes to examine tissue and various other substances at cellular level. What we observe is light and peace no matter what the 'outer' condition suggests." She had tears in her eyes as she shared that she'd realized that the light and peace within everything was God. It was deeply touching.

No matter what we observe or experience, no matter what presents itself to us—whether human, animal, vegetable, mineral, cell, atom; animate or inanimate—it is, despite belief, God and nothing but God. Forever ignore appearance and the suggestion of belief. "Judge not by the appearance, but judge righteous judgment." Judge (realize) all to be God because the *one truth* is that God is all.

Fill yourself full of God awareness, with spirit and truth. Fill yourself to overflowing with the awareness of infinity, omnipresence and eternity, with love and grace, light and oneness.

I am, and have the light of the world. Light is all and everywhere present. Only light is, only light exists, and besides light there is none else.

I am, and have the peace of the world, and besides peace there is none else. "My peace I give unto you, not as the world gives, give I unto you"—not human, physical or material peace which is here today and gone tomorrow, but infinitely more than this; the real and one most practical and everlasting peace, give I [truthful awareness] unto you.

Peace . . . peace. My peace I give unto your awareness, your mind, your body and all in your world. My peace . . . the everlasting peace . . . the peace that heals all ills and discords by dissipating the clouds of belief in the stillness and silence of self.

Each hour—each moment!—lift into and maintain a living awareness of the oneness and omnipresence of God as all; the oneness and omnipresence of light and peace as being the very substance *and form* of all.

God (spirit, light, peace) is everywhere and equally present as all, "inner" and "outer," all-inclusive and self-inclusive, and is impossible to personalize, localize, finitize, objectify, capture or contain. God *is;* therefore, all of existence and its every appearing animate and inanimate form is that *is,* and requires no mentalization, thinking about, manipulating or coercing to be perfectly evident, real and practical as our everyday reality. Only belief clouds the one and omnipresent reality, but *God itself, reality itself,* is forever and entirely fully present and fully evident, and needs nothing *done* to make it so.

Realize forevermore that in order to personalize, objectify, finitize, localize and name any form of life whatsoever, we have to believe both we and it are separate and different from God. Then because we have belief, we have not *one,* but pairs of opposites, and because belief *is* experience, we have an experience filled with good and bad opposites, with no God to be found anywhere amongst them all.

But God, spirit, light is *indivisible and inseparable,* so by definition, if we have been dividing and separating, it has been of belief alone and not reality. Reality, peace, life, love, infinity, omnipresence, eternity—these are the *only actual reality* and are entirely indivisible and inseparable.

In *sense,* the indivisible and inseparable oneness appears to be multiplicity, but appearance has nothing to do with, nor does it change reality. Everything of sense is God, because nothing but God is. Sense molds oneness, God, spirit into sensed form. But each and every form is wholly God, therefore self-complete as God-form. No part of its entire good can ever lack. No form can ever be ill, diseased, injured, immobile, discordant, unhappy, restricted, decrepit, weak, dying or dead. As we keep our awareness filled with God—not matter, not belief—we are the light "with no darkness in it at all." Belief can no longer tempt us and convince us, can no longer draw us in and trick us into reacting and doing battle with its non-reality.

The innocence of sense is beautiful and true, and as long as we do not add belief to it, we are and have the reality of God as the reality of mind, body and world.

I am, my mind is, my body is and my world and its every form are the one light, because none but the one light exists.

I am, my mind is, my body is and my world and its every form are peace, because none but peace exists.

God is light, God is peace, and besides God there is none other. Therefore, I am that light and that peace, and all is that light and peace.

In this one truth I have nothing to save or change, heal or transform, make effort for or achieve. All is, *and I rest in that* is *and simply behold God taking place as all.*

In this way, I have attained the God-state of being, the "healing consciousness," the God consciousness or consciousness of oneness, and all is good. In a God state of being I am true and safe, and I observe the world as true and safe.

THE ONE EFFORT

We are required to make no effort in life except the *one* effort of continually lifting and maintaining our God-state of awareness. Whether it takes five minutes or one hour, five hours or even five days if needed, we make the one effort of keeping our God awareness alive.

It is sometimes (and more often is) easy, but other times it is hard—sometimes the single hardest thing we are ever required to do. But the fruits are abundant and everlasting, the fearlessness and freedom unmatched, and the happiness, purpose and fulfillment of being unequaled. God (good without opposite) becomes our reality as we "set [our] affection on things above, not on things on the earth." Good alone fills and animates our mind, body and world as we awaken to the almighty truth that "the earth [mind, body and world] is the Lord's, and the fullness thereof."

Let us give up setting our affection on, and making effort for that which appears to be—whether person, object, place, activity, amount or condition. Let us be partial to God itself and impartial to sense. If we are partial to sense we are lost in belief, and unable to have truth. But in a God-state of being, filled with spirit and light, oneness and equality, impartial to sense and its multiplicity of form, the goodness of God is our all-in-all and all-of-all. Filled with God, we can no longer be tempted by un-God-like mind, body and world. We have moved beyond our period of divided awareness and exist in a new world of oneness. Our attention and effort are "in here" in spirit, not "out there" in belief. We live open and relaxed in omnipresence, *beholding* God taking place rather than making effort for our good. "I live and move and have my being in [and as] God," and God lives and moves and has its being in and as me.

You now see that our statement "nothing local can be healed" is quite correct. Only God is; therefore, only a God-state of being (a non-local, universal, oneness-state of being) has the spiritual faculty of *seeing* and *having* the god mind, body and world. And in the God-state of being, all illness and disease (and every other form of discord, lack, pain and suffering) dissipates as naturally as dark in the presence of light.

> Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

Be the living light which has no darkness in it at all. Be the boundless and free spiritual being you *are,* not a being of belief doing battle with belief-form. Live free in the almighty incorporeal rather than accepting the limitations and false realities of corporeal attachment.

Realize and rely on the absolute reality and practicality of God as the one and only life. *Trust* God to be and to supply your every good, healthy, loving, harmonious, abundant and fulfilling form—freely and unconditionally. *Let* God live your life and *be* your world experience.

In this way, free of personal sense, you are the living light "that lights every man that comes into the world [into your awareness]." You free and reveal the truth of, not only every aspect of your individual experience, but that of every person and condition that touches your consciousness.

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SATISFIED WITH GOD ALONE

Paul F. Gorman

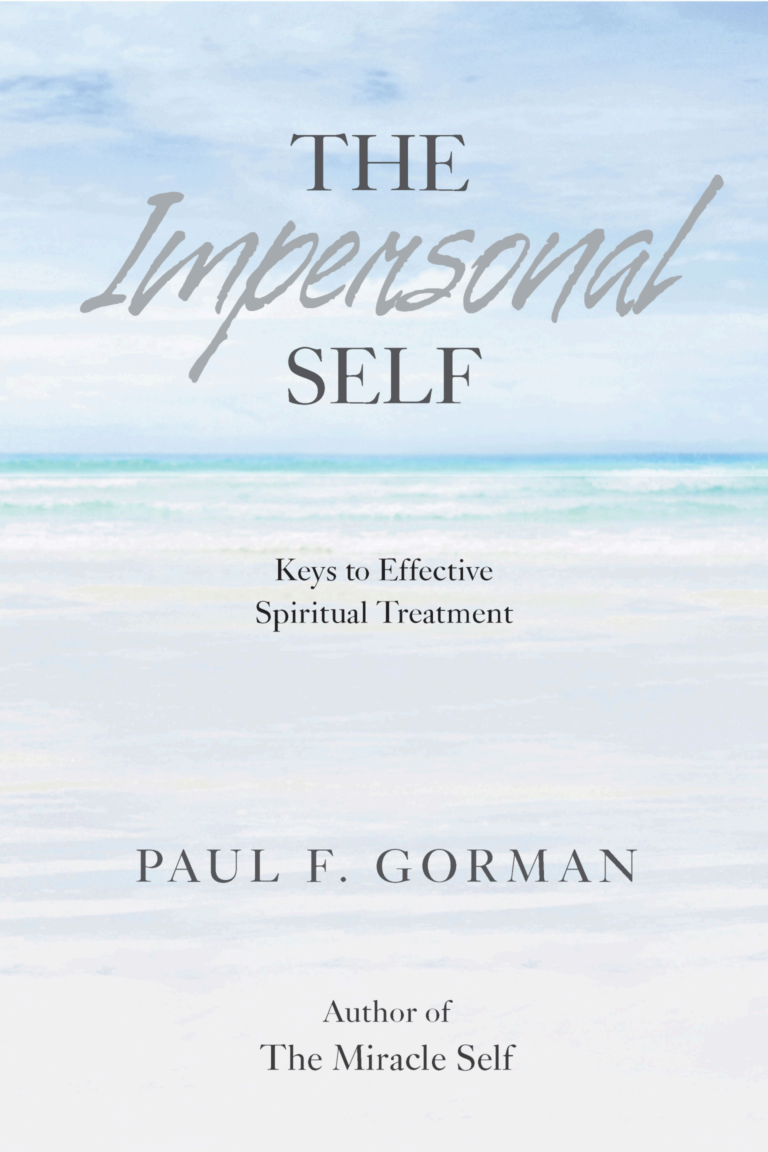
Author of *The Miracle Self*
and *The 7 Spiritual Steps To Solving Any Problem*

The Great Need

(Along with Knowing God)

PAUL F. GORMAN

Author of
The Miracle Self



THE *Impersonal* SELF

Keys to Effective Spiritual Treatment

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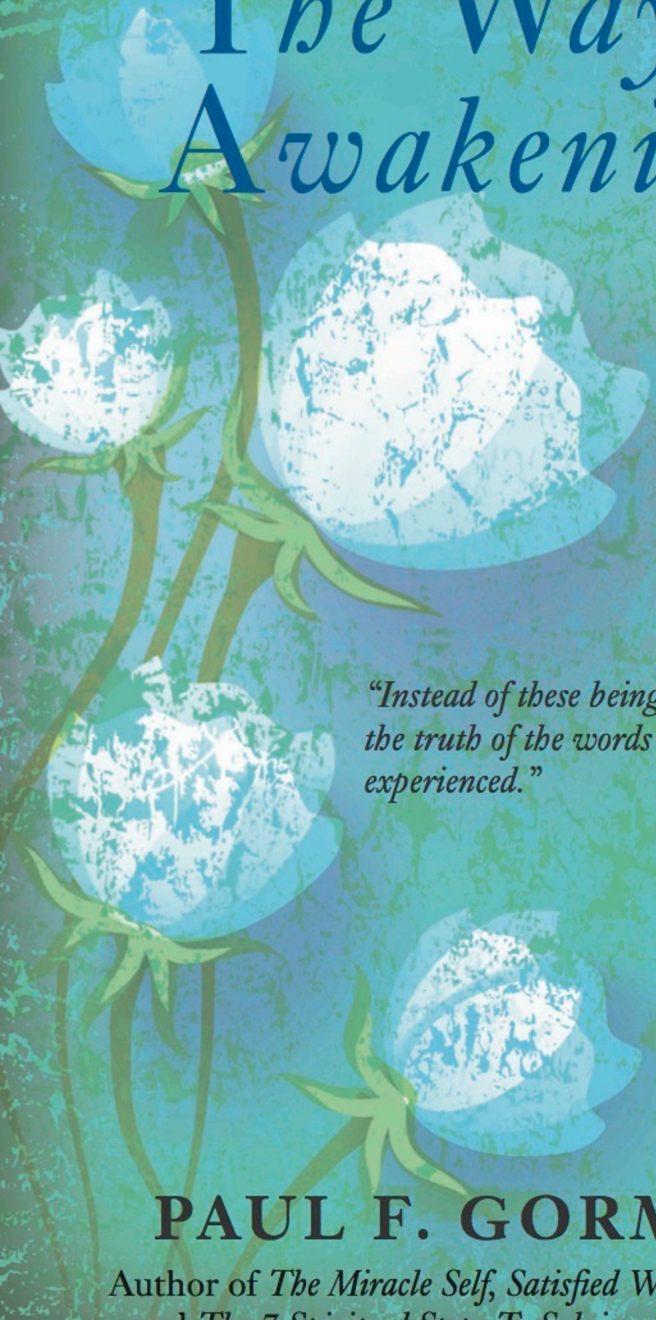
The Way of Awakening



"Instead of these being mere words, the truth of the words is actually experienced."

PAUL F. GORMAN

Author of *The Miracle Self, Satisfied With God Alone*
and *The 7 Spiritual Steps To Solving Any Problem*

Rise in consciousness – this is the entire secret.

As consciousness rises, detaching from and leaving
behind false belief, ever greater degrees of heaven
are visible through the unconditioned mind.

"As in heaven so on earth."

The earth and all its people, creatures and conditions
are witnessed unconditioned, whole and harmonious,
love and union of all emerging through the fog
of false sense.

Indeed, "As in heaven so on earth" emerges as the one
reality – the bondage of false material sense dispelled,
the unconditioned experience of Man, Earth and
Universe harmonious, peaceful and free, in love.

Paul F. Gorman

The 7 Spiritual Steps To Solving Any Problem

Dedicated to a dear one who
refused to give up until
a problem was resolved

When a problem will not yield despite you bringing to it all that you can muster of spiritual consciousness, meditation and silence, what is the reason? What needs to take place in consciousness for the problem to be resolved?

Here are the *7 Spiritual Steps* that resolve any and every problem. Not one problem humanity experiences, or can, including that which is termed “natural disaster” has been *me, my world, my universe.*

Harmony Is. . . Harmony is, and fills, and is being all that I am. Harmony is, and fills, all space within and as me, my world, my universe.

Oneness Is. . . Oneness is, and fills, and is being all that I am. Oneness is, and fills, all space within and as me, my world, my universe.

can "give" or "withhold" itself because it already *is*. It can be no "more" or "less" than that which it already and eternally *is: whole.*

For instance, the principle of mathematics unconditionally *is*. The *whole* infinity of mathematics exists fully present right where you are this minute and wherever you might go in a minute's time, next hour, next day or next year. Fully present with you this very second, "in" you and "outside" of you, the whole of mathematics exists. It exists unconditionally. You cannot "earn" it by being a good person nor can you lose it by being a "bad" person. It simply *is* and its *is* is unconditional. There is also no "inner" versus "outer" for mathematics, nor any principle. As principle, all is the *one place*, the place of fullness, wholeness, completeness, infinity, omnipresence, eternity. Again, this is why the Master told us, "Make the inner the outer, and make the outer the inner," because all is one, one place, the place of unconditional omnipresence. "Do you not know that the place on which you stand is holy (whole, omnipresence) ground?"

You or I being aware or unaware of the

STEP FOUR

God, Mind, Form

Let us understand appearance – "this world" – its nature, its character, its dynamic, its reality, its truth and why it *appears* as it does to sense. With a clear understanding of "this world" we are *free as* and *in truth.* "Know the truth, and that very truth will set you free."

All formation is of mind. Mind "and" form are one and the same "thing" or presence or "happening". There is no "and", there is just *is.* Mind *is* form; form *is* mind. Form is not an entity in and of its own self. Mind does not observe or experience form; mind *is* form. Form is not being observed by mind; form *is* mind, mind *is* form. The question, therefore is *what is* mony, peace and fulfillment – we experience as the "reality" of life.

The degree we call "human" awareness is the one "human collective" mind, consisting of what has been named "mentality and matter". It is what we call "this world, the physical, material world" – everything in it and of it – experienced as five senses and three dimensions.

Each degree of awareness – each of the "many mansions in my Father's house" – is infinite in and of its own degree, excluding none of infinity. *Every* degree including the "human" degree of consciousness is infinite because only infinity is. "The whole of infinity exists at every point of itself (degree, level of awareness) at the same time." It is for this reason that we can have as much of "humanity" and all the things and conditions of "this world" as we wish to have. Nothing is limited, nothing is separate, nothing is apart. All is infinite and omnipresent and because all is God, the truthful infinity and omnipresence we are and have is Good alone. "And God saw every thing that he had made, and, behold, it was very good."

You may believe that today you lack some-can for a minute lack a part of its wholeness and completeness, its oneness, its God-ness. "God is light, and in him is no darkness at all" – no incompleteness, no lack, no limitation, no separation, no apartness.

By the degree we know this truth and *live it* in every practical way, we tangibly experience it. If *any* category of form seems to be lacking or of limited supply, if there seems to be a need of any form of good whatsoever, there is never a need to believe that appearance. That which seems to be lacking and needed *is not in truth.* The whole exists right there, fully manifest, visible and tangible even as material sense observes a lack. The practical living of this truth evidences it, sometimes in the most miraculous way.

Here is the secret revealed in a more detailed account of Jesus feeding the multitudes:

Three days and nights the multitudes remained, and none had aught to eat.

And his disciples said, Where shall we get enough of food to feed them all? There are four thousand men, besides the women and the little ones.

And Jesus said, How many loaves have you?

THE 7 SPIRITUAL STEPS TO SOLVING ANY PROBLEM

PAUL F. GORMAN

Awareness Itself

Being Aware of Awareness Itself Is the Key

PAUL F. GORMAN

CHAPTER FIVE

AWARENESS KNOWS

One statement of truth that I had great difficulty with (and, of course, many tend to) is the beautiful and promising yet confusing Luke 12:30 — "Your Father knows that you have need of these things". If he truly does, why is he not giving them to me?

If God, which is spirit, has no humanity in it, no mentality in it, nothing physical in it, nothing of matter in it — yet we obviously need the good of these things to live satisfactorily on earth — how is it that the Father knows what we have need of?

God is the infinitude, boundless all of all; and God is incorporeal. Therefore all of all is incorporeal, yet I need what I believe is corporeal good because I am, my body is, and everything of my world is to my sense corporeal. How then can it be true that the Father knows what I have need of, and that it is his good pleasure to give it to me? I haven't seen much sign of his good pleasure giving it to me, so how can

Names and definitions are good and useful only as long as we do not believe that they are entities in themselves. Of course we continue using them to operate and communicate in the world. But it is only as we consciously know the truth of everything we name and define, and let truth live and reveal *itself* as all in our awareness, that truth becomes available to our practical experience.

The truth is that only Awareness Itself is. Our family, home, business, customers, clients, students; our markets, produce and products, our world and all it contains are the one presence of Awareness Itself sensed as an infinite variety of different formations. Each form constitutes the whole, and each *evidences* the whole as one with all.

Whatever the forms and activities of the moment consist of — relationship, family, business, money, leisure — all is the one substance, presence and form of Awareness Itself. The *whole of fulfillment* exists as each form and activity. Whatever we are aware of, *there is the whole of fulfillment already visible, tangible and practical, seen as and by that which it is: Awareness Itself.*

In the Master's words, the Father [Awareness Itself] knows what you have need of and it is his good pleasure to give you the kingdom. The Father knows what you have need of. Think — the Father, Awareness Itself, the whole kingdom, already exists as the whole of you and everything of your life. Everywhere you look there is nothing but the whole of fulfillment — nothing of good is missing, nothing is in lack or limitation, nothing is diluted, nothing is absent. To material sense it appears as if there is much absence of fulfillment. To material sense it appears as if God is absent and nowhere to be found. It is the experience of millions of people that the more they seek God the less he seems to be available. It is true. Why? Because if we seek God as and for the human condition we seek amiss. "Ye ask, and receive simple. If we see a vineyard barren of fruit, we're seeing a vineyard barren of its truth. It is not "in vineyard consciousness." If we want to learn how to plant a true vineyard, we go to the vineyard laden with fruit. Its fruit reveals its truth; and we know we can learn everything we need to about planting a true and abundant vineyard.

So when you look into the rare teachings of pure truth you will witness abundant fruitage. The teacher has the healing consciousness; he or she reveals God, where to material sense God is absent. Where there is spiritual fruitage, know you are safe. "Where the spirit of the Lord is, there is liberty."

Let's return to the sunbeam. Is the sunbeam of its own self capable of generating light and heat? Does it need to try? Of course not. The sunbeam, as it wakes up realizes that *only the sun is;* therefore only the sun *can.* If it believes that it needs to achieve something to fulfill its light and heat, it instantly switches its awareness to that which *is* the perfection of its existence, which is the sun itself. Once it has realized that it and the sun are the same existence, it rests and freely — and instantly — receives its fulfillment.

This truth of the sun and the sunbeam is the truth of God and man (humanity).

"The earth [the objective experience — everything from a single thought and a single breath, to everything that constitutes the universe] is the Lord's [the mind's, is that of Awareness Itself] and the fullness thereof" — not ours. Your breath is not yours; your thought, not even a single thought, is yours. Why? Because only God is.

We hear these truths, but we do not take them literally, nor do we live them throughout our experience and realize, Well if this is the truth (which it is) then, of course, even my breath isn't mine, my senses are not mine, by mind and body are not mine, my family, home, business, money and the things money buys are not mine.

themselves *are* the visible, tangible presence of your true mind, your true body, your true family, your true money, your true business, your true world conceptually sensed.

When you read or hear statements of scripture realize that the *very word itself is* the visible form revealed. Watch how quickly the visible form of good is visible to *your sense* as you know this truth, rest in it, and trust it.

These words are not information *about* truth. They are the *very word itself,* the very presence of the visible, tangible truth itself. "The words that I speak unto you, they are spirit, and they are life."

what God is (Awareness Itself) the objective sense of God becomes evident to us as the fulfillment of person, thing and condition. We must *be* a god in order to see God-like form. To see and to have life, abundance, love and harmony we must be that which they truly are — and that is Awareness Itself. We must be the presence of Awareness Itself. Then we are being the truth of form, the truth of being, the truth of body, the truth of amount, condition, place, universe. It is when we are being it that we see it; we can only see what we are being.

Where the Spirit of the Lord Is, There Is Liberty

The word "Lord" in scripture means mind. Where the light of mind is, where the spirit of the Lord is, there is liberty. In other words, we have to *be* the *spirit* of all in order to see the spirit (truth) of form. We cannot *be* spirit within and matter without. We have to be Awareness Itself as all.

See the entirety of your world as your children, or as the Master described it, his sheep, his flock. You are the god of your universe. "Ye are gods" (Psalm 82:6; John 10:34) What will we not do for our children? We want each and every one of our children, each and every person, thing and place in our world, to be free in truth, to be full of life, full of harmony, love, joy, purpose fulfilled. There is only one way of it. Hear the Master again: "I am the light of the world". I am the life, the love, the home, the food, the happiness and fulfillment of the world (the objective sense). *I* am. And what is *I?* Awareness Itself.

I am the light. *I* am that which illumines, which makes truth visible in tangible experience. *I* is Awareness Itself. We have to be the Awareness Itself unto our world so that the forms of Awareness Itself are revealed truthfully, which is as all that God is and has.

As we are *being* Awareness Itself in form — as we observe people, as we observe body, as we observe amount, as we observe our businesses, our practices, our teachings, as we observe our relationships, as we *are* our relationships, as we *are* family, as we are being our world as the presence of Awareness Itself — we are *being that presence* which reveals the truth of all.

Always remember — only Awareness Itself sees Itself. Isn't that enough to realize?

We have to be the very presence of Awareness Itself radiating as the entirety of our consciousness, the entirety of our universe, the entirety of every moment-by-moment experience, *for* these. We have to be the substance of these *for* these. No one can do this for us, even God itself. Everything that can be done, God has already done by being all of all. It is now up to us, each and every one individually, to be what God is by yielding to God and letting God be and see and do for us. We *are* individual God being, omnipresent God being, infinite God being. We are each the only presence of God on earth as far as our individual demonstration goes. There is no God out there able to demonstrate for us. God is already demonstrated. We have to awaken and be that which is already demonstrated. We have to be Awareness Itself in order to have the awareness — the visibility — of God as it is on earth.

We do not have to *do* anything with Awareness Itself because Awareness Itself is already the finished kingdom which constitutes all that God is and has, inside you and outside you. All that God *is* is already done, whether we call it ethereal or palpable, spiritual or material, divine or human. These are our misguided definitions of the one God, the one existence that we are, the one omnipresent God, the one omnipresent good.

or success. You will fail. When we *be* Awareness Itself unto the form that appears to be dollars, Awareness Itself reveals its image and likeness "through us" as the fulfillment of the sensed scenery or need. Fulfillment *is,* and becomes seen as we *be* that which it is. Its presence as us is witnessed as the perfect sufficiency of dollars unto the need, unto the circumstance, unto the claim. Then, one way or another, we behold the multiplication of dollars fulfilling the need — the multiplication of opportunity, customers, food, home, safety, security, health, love — usually with twelve baskets full left over.

How it appears through objective sense matters not. It is automatically and infallibly witnessed because we are being the very presence of the truth of dollars, of the condition fulfilled, of the place fulfilled, of the hunger fulfilled, of the peace fulfilled, the harmony fulfilled, the perfection revealed.

Do you see?

It is like being the magnet of good on earth. When we are being the presence of Awareness Itself, we are like the world's mightiest magnet drawing to itself all the good of earth whether (in appearance) that good is dollars, food, healthy flesh, love, friendship, companionship, home, clothes, opportunity, or business success.

It doesn't matter how we describe the miracle of form. It isn't that. It is the very presence of truth, the unconditional and ever-present truth now being made visible to us, not because it suddenly arrived from God's storehouse in the sky by our prayers of petition, but because our eyes are now open to that which is instead of closed, seeing that which isn't.

Realize that as the awareness of Awareness Itself is maintained, we are, this instant, the magnet of the world, the spirit and life of the world that draws to it all the good of the world and limitlessly so.

The key to accessing the freedom of infinity is entirely our activity of *awareness,* not of mental might or physical power. Nothing except the activity of awareness is involved.

As we maintain our awareness in and as Awareness Itself, as we stay detached from the world and its people and things, we are free in awareness, therefore free in experience. But the moment we attach our sense to people, things and conditions, we bind ourselves to finiteness and the pairs of opposites. "Whatsoever ye shall bind on earth shall be bound in heaven". (Matthew 18:18) We lock heaven out of our experience. Our act of awareness is that of belief and attachment to that which appears to be; therefore our experience is finitized and imbued with both good and bad.

A different act of awareness evidences a different experience — not a different human, mind, physical or material act; a different act of *awareness alone* is the key to healing, freedom, and fulfillment. The entire secret to accessing infinity, to the tangible experience of limitlessness, to fulfilled purpose, to true love, true harmony, true peace is to maintain our awareness in and as Awareness Itself, unencumbered by things, by people, by conditions in themselves, yielding to and letting Awareness Itself live us.

Live slightly withdrawn from that which appears to be: restful, relaxed, aware of Awareness Itself. This is the activity of awareness that leads to the gates of infinity.

Let us make it practical.

Start by being aware as you "humanly" would be: aware of and attached to the *objects* of awareness — things, shapes, sizes, sounds, smells, activities; perhaps feeling a worldly pressure, a concern or fear around body or condition; perhaps taking thought for your loved one, family, neighbor or colleague, a deadline at work. Your attention is always on a person, a thing, a place, a circumstance, or on thought itself, and flits from one curiosity to another as this or that lures

A companion book to *Awareness Itself: Being Aware of Awareness Itself*

ACTS *of* AWARENESS

Paul F. Gorman

ACTS
of
AWARENESS

PAUL F. GORMAN

Edited by M.L and M.M.

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like — despite our sense of it, despite our belief in it, and despite our attachment to the things of belief.

If we are hypnotized, then we believe that our effort to gain and keep the good of what we are attached to is the only practical way of life. The very inverse of this is true. Our knowing that all is God and then detaching from everything of sense testimony in itself, letting Awareness Itself live as *it is* as us, is what reveals God as our experience.

For instance, lift up your left hand and look at it. It appears to be a human hand made of flesh, blood, bone, and muscle; of a certain size, color, weight, shape, description. The moment we attach to these names and definitions, believing them to be realities in themselves, we are out of God consciousness. Even the name "hand," in itself, takes us right out of the consciousness of what it really is, which is God. Our concept of what a hand is is too deeply believed, too ingrained to be easily brushed aside.

Now, *where* is your left hand appearing to be human? Is it out there as the hand? Do you really have a human hand? Do you really have a hand made of flesh and blood, muscle and bone? No.

You have a corporeal *sense* of the *incorporeal* hand, a mortal *sense* of the immortal hand, a local, temporal, time and date *sense* of the eternal hand. The corporeal sense is happening *in here;* there is no corporeality out there. It is our corporeal glasses, our dark glasses (universal hypnotism; belief) that make the incorporeal hand appear to be flesh and blood.

The only presence, the only thing experienced is God. We have heard it stated as, "The only thing that ever presents itself to us is God." So as your left hand presents itself to you it is God — incorporeal, immortal, unchanging, and eternal.

Whatever we believe about ourselves is how our hands to things and are abiding in Awareness Itself — we are *free in* Awareness Itself. Our activity of awareness has lifted us into spiritual freedom. This state of awareness is the palpable, visible God experience. Nothing in the universe can exclude us, and everyone who is sufficiently spiritually receptive, from the God experience as we are free in and as Awareness Itself.

The All-Knowing, All-Wise Intelligence

What is it that you would like to know about experiencing spiritual freedom? We would all like to know something: How can I lift spiritually high enough to see this problem as the nothingness it truly is, and see God aright? How can I attain greater spiritual realization? What do I need to know in order to be free of this disease, this lack, this person, this injustice, this threat to my safety or security? What is it that I am not realizing, not hearing? I know that in truth the problem as it appears to be does not exist, yet it is unyielding in my experience. What *is it* that I am missing and need to know?

Since Awareness Itself *is* omniscience, the all-knowing, all-wise presence, and because there is no unformed, unmanifested, intangible omniscience (omniscience and form are one), every answer we could ever need already exists and is freely available to our immediate apprehension.

Realize that what we sense as a problem does not exist in God; therefore, neither does what we sense as a solution exist in God.

Nothing but God or Awareness Itself exists. The areas of life where we sense a need (health, relationship, business, finances) are categories of believed life and have nothing to do with Awareness or God itself.

We sense God in an infinite variety of forms, colors, Oneness is our interest, is what we wish to abide in and feel abiding in us, is what we wish to turn to, open up to every few minutes throughout the day, make ourselves available to and *for.*

The very moment we sincerely turn to Awareness Itself and open up, giving ourselves to Awareness Itself to do with us what it will, to be whatever it is as us, we are opening our windows of being to the infinity and omnipresence, to the oneness of unconditional good.

Live, move, think, and have your being in and as Awareness Itself. It is only by *acts of awareness* that the image and likeness of all that God is and has is made visible and tangible to sense. Our truthful activity of awareness is the great key that opens the doors of heaven as earth.

CHAPTER FIVE

ACTS OF PRINCIPLE

Awareness Itself is all; nothing except Awareness Itself exists. Therefore, how we *believe* life to be, how we name it or define it, does not matter. It does not matter how deeply we are convinced that we as human beings exist in a material world and that somewhere within us is what we call God or consciousness or awareness. This belief is not true; no belief is true.

What we call "our life," "our existence" is God existence, God life, because all that existence is is God. We exist in and as God or Awareness itself. We as our whole universe *are* that one presence, and because God is omnipresence, we are the omnipresence of all that God is — the whole of the infinite fully present at every point of itself at the same time.

With the understanding that your whole universe is the one presence, place your awareness on an object in your without. Nothing else exists. Awareness Itself is where the search for truth begins and is fulfilled.

We can use synonyms, of course: God, spirit, truth, consciousness, *I,* infinity, omnipresence, omniscience, omnipotence, eternity, incorporeality. Whatever synonym we wish to use, we must understand that life is Awareness Itself, for without awareness we would be unaware, and unawareness is non-existence.

Now realize, if we wish to experience a wave, we cannot separate ourselves from the ocean. We cannot remove a wave from the ocean and demonstrate it in our backyard. The only place we can experience a wave is in the ocean that *is* the wave.

The same is true of every principle. If we want the experience of 2 x 2 or 12 x 12, we have to "go to" (be in tune with) math for our "4" or our "144." Math itself constitutes the infinity of harmonious sums and equations. Likewise, if we want sunshine we have to go to where the sun is shining. We cannot collect sunbeams and use them to illumine our cave.

In this way, we cannot experience true life, love, wealth, or harmony separate and apart from what these truly *are:* Awareness Itself. Awareness Itself cannot give us *our* ideas of good or truth. As Emerson realized, "Prayer as a means to effect a private end is theft." Awareness *is itself* (constitutes) all that true existence (God) is. What *we believe* to be life, love, wealth, and harmony are fabrications of good vs. bad, not God itself as these.

We do not have a physical body that requires healing, or requires that we bring God awareness to it in order to maintain its health, vitality and youthfulness. This scenario would involve three: a personal self, a personal physical body, and God. With three in mind, we are casting so much "bread of duality" on the waters that our only possible result is more duality (pain and suffering).

tached to it, emotional about it, if we are invested in the characters and their story, then our state of awareness has become *of the movie,* its characters, their story, their situation. Being thus mesmerized, we can, at least for the duration of the movie, be made to believe that one character is good while another is bad, and one situation is harmonious while another is discordant.

But if we shake ourselves free of such mesmerism, we realize that none of the screen characters or situations is either good or bad. Actors are merely playing roles in a fictional world. The movie simply *is;* it is innocent, powerless, meaningless in itself. The life and form of the characters, the activities, and the places are the light of the projector animating the movie. The light is neither good nor bad; therefore everything *of* the light is neither good nor bad.

The same is true of God or truth. Only God — *I,* Awareness Itself — exists. God is the light, infinity, substance, form and activity of all of life. "I am the light of the world." (John 8:12; 9:5) The light simply *is.* It has no good in it, no bad in it. Rather, it is goodness *itself,* truth *itself,* pure *I.* Therefore, all person, all mind, all body, all thing — the infinite variety of form — is the *is,* the pure *I,* the infinite goodness of God or Awareness Itself, not the type of good the world describes as "good." (World good is merely the opposite of world bad). God is Good *Itself,* good without opposite, good without condition, the light of the world.

The infinite varieties of outer forms appear to be either good or bad because we believe them to entities in themselves, but they are nothing other than outer images having no personal or individual substance, law or principle to them. They are substanceless, lawless, entity-less *pictures* without life, form, or activity of their own, unable to stand on their own, unable to sustain or maintain themselves in your experience.

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Author of
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day — is by living the inner life, not stepping out, not becoming interested in and involved in trying to get the forms and conditions of good in themselves.

Truth (good) *is*, and as we abide in the finished kingdom of the Inner Sanctuary, beholding God in action, we discover our every day abundantly filled and quickly overflowing with every category and form of good.

Give, Serve, Share

Now we *give* of the good fruits we discover filling our lives in ever-increasing measure. We share them, we serve with them; we flow *out* rather than gather *in*.

We are no longer getters but givers; we no longer live like beggars attempting to add to their meager daily lot, but like gods ceaselessly giving to all in our world. In this way, we have discovered the secret of the life abundant.

Our whole expression is that of outflow, not inflow. We have awakened by a measure, and in our even slightly awakened state, no longer attempt to live life by seeking good, but

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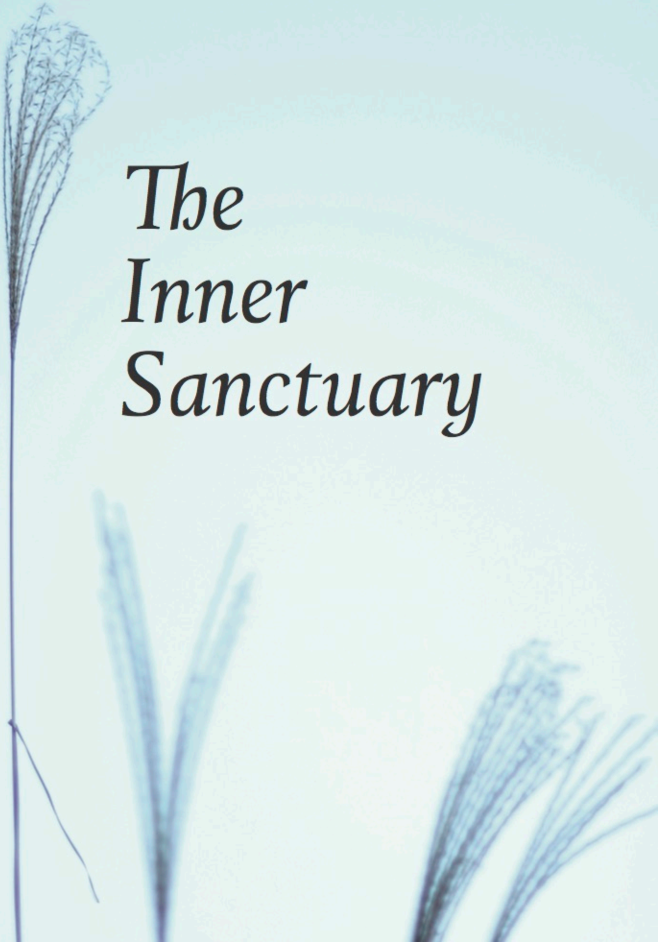

The Inner Sanctuary

Listen

That Is All

PAUL F. GORMAN

In risen consciousness, in which the One Presence and Power is free to live in us *as It Is,* the cloud of material sense dissipates to reveal the ever-present harmony and unbounded good of self and of world.

Our silence and non-reaction toward the objective sense of the world, and our receptivity toward the consciousness of *Is* evidences the miracle of unlimited mind, body, and world.

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Meditations *on* Awareness Itself

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Yesterday, Today, and Forever

All is Awareness Itself—one, omnipresence, invariable, inseparable, indivisible, "the same yesterday, today and forever."

If you are aware of a thing, it is Awareness Itself, and "the fullness thereof."

"The earth [objective sense of Awareness Itself] is the Lord's, and the fullness thereof."

Awareness Itself is omnipotence itself.

There is no other power in all of the universe, period; therefore, there is no person, mind or body, thing or condition, place or activity, good or bad, that can change or lessen or weaken or nullify the one almighty power that is Awareness Itself being all within and without.

Awareness Itself, and the fullness thereof, is all.

Satisfied Form

True identity filled and satisfied is itself true form filled and satisfied.

Meditate deeply on this truth and ask,

Does math "need" 4 x 4 = 16 (and every other equation) in order to be fulfilled?

No, math is self-fulfilled; yet the forms of every equation are infallible, automatic, unavoidable, one with math because they are the image and likeness of math itself.

In the same way, does true identity "need" form in order to be fulfilled? No, yet the forms of true identity are infallible, automatic, unavoidable—one with true identity.

As the Master realized and lived, "I and the Father are one; [yet] my Father is greater than I", so must we realize and live, "Form and true identity are one, yet true identity is greater than form." True identity does not "need" form; true identity is self-fulfilled.

This is the great key. True identity is self-fulfilled. It needs nothing, it seeks nothing, it takes thought for nothing, and it labors for person.

By our belief in "otherness," we cause degrees of self-blindness.

Merriam-Webster defines the verb "blind" as

1. to make blind
2. to withhold light from

The instant we believe that any person, thing or condition is separate from or different from Awareness Itself, we shut the light of it from our sense, blinding ourselves to its fullness and completeness, its glory, its infinity, its beauty, its purpose, the instantaneity of its fulfillment in our experience.

We deny God; we make a false idol and then get busy attempting to resurrect it, heal it, pacify it, harmonize it, prosper it—and we go to God to seek all the help we can get! "Thou hast done foolishly: thou hast not kept the commandment of the Lord thy God, which he commanded thee: for now would the Lord [the truth of mind, which is form or earth] selves and our world intangible to God.

It is our work to make ourselves tangible, to bring our sense to, or attune our sense with God, with the infinite tangible.

When we are tangible, we are as God is; and the minute we are as God is, God sees and has itself as us. In other words, the minute we are as God is, we instantaneously have the tangible infinity, omnipresence and eternity of true identity. We are instantly the self-fulfillment of being which has the effect of witnessing itself as the fulfillment of form—the fulfillment of this world's health, wealth, love, harmony, peace, freedom and joy.

I and form, experience, are one. When "I" is true, not personal, form is equally and infallibly true—a "mirror image" of the true I, Awareness Itself, we are being.

Please never forget that whatever it is we are experiencing—good or bad—is a "mirror image" of that which we are knowingly or unknowingly being.

There is no power outside of individual being; therefore, there is never a power acting

The One Law

You can only evidence outwardly that which you already have inwardly.

Understanding principle is the key to understanding truth, and how truth "works." Without the realized principle there is no understanding, and without understanding there is no evidence in the “workings” of truth. "Know the truth, and the truth will make you free."

The principle of life is that God—the infinity, omnipresence and eternity of existence—is "within you." Not a single person, form or aspect of existence is outside of you. All power, presence, intelligence, form and activity are fully embodied and manifested within you.

"And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation: neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within

Awareness Itself Is the One

Awareness Itself—the only, pure, undefiled, self-constitutional—is and is the omni-active experience of the infinite good of existence.

Your individual Awareness Itself is your individual infinite good.

Every good (and infinitely more) you can possibly sense as freeing and fulfilling you and all in your world, in the most glorious and permanent way, is yours this instant. I am not talking about "ethereally" yours, in "potential" or in "spirit and truth," but yours in palpable actuality.

All good—infinite, unconditional good; the boundless free gift of God—is tangibly, visibly yours this instant and forever.

But there is a great secret. Few know it; and even in knowing it, only the minority manage to live by it and thereby demonstrate (have) its miraculous fruits on earth.

The great secret is that one is all. One constitutes all.

If we believe in the reality of and seek the and knows only itself. There is nothing in the whole infinity but Awareness Itself. And because Awareness Itself is omnipresence, the whole of Awareness Itself exists at every point of the infinite at the same time. All is Awareness Itself, and the omnipresence thereof. "The earth is the Lord's, and the fullness thereof."

"You" do not exist as you perceive your personal self to be; nor do I.

A "thing" or "condition" or "place" or "amount" does not exist as it is perceived to be by human, material belief.

Only Awareness Itself is. You are that, I am that, all is that, and the infinity thereof.

Seek the infinity (Awareness Itself) of you; seek the infinity of every thing, condition, place and amount—never the effect itself.

"Whatsoever ye shall ask the Father in my name [ask in the name of Awareness Itself, never the name of effect, object or condition], he will give it to you [the fulfillment of effect shall be "given to you," reveal itself to you, become visible to you by your illumined sense]." (John 16:23)

Oneness, the Only Reality

Oneness is the only truth, the only actuality; and oneness is pure consciousness, pure God, pure Awareness Itself. We see, hear, taste, touch, smell, think and move in oneness twenty-four hours a day; yet if we remain fooled by and infatuated with the three-dimensional pictures of existence, we are bound to them and, therefore, lock heaven (harmony) out of our experience of them.

We have to choose. Either we continue to believe in and make personal effort for the "outer" pictures of existence, or we release them in the realization of oneness to be what they are, which is God, good—perfect and boundless health, love, beauty, bounty, harmony, peace, wisdom, and purpose.

We cannot have both. It is either-or: indescribable heavenly good on earth, earth as it is in heaven, or describable pairs of opposites—continual personal effort for temporary good that soon turns to bad; struggle, unreliability, change, pain, suffering, and eventual death of

Release the “Physical”

All is the full presence of God, the full presence of Awareness Itself.

All is one presence. There is no separation, no difference between the universe and the Universe within. The "two" are not two, but one.

All is forever fully healthy, fruitful, free, harmonious, fulfilled.

No person, thing or condition in the universe is ever less than the fullness of God, fulfillment; and no combination or group of persons, things and conditions is ever less than whole, harmonious, fruitful, fulfilled as the whole. Not "one person or element" of the whole is incomplete, imbalanced, lacking a part if of its fulfillment.

The degree of our individual awareness of this fact determines "how much" of it we experience.

The fact that God is all does not determine our experience. It is the degree of our conscious awareness of God being all that deter-

God is itself alone, and has only itself in it. God does not have humanity in it, mental mind in it, matter in it, time and space in it, cause and effect in it.

Therefore, if we go to God for anything of these, we fail. "Where I am, thither ye cannot come."

The experience of living by Awareness Itself—living as and in and by God or God consciousness—is the mystical life.

We have become mystics when we live as, and one hundred percent rely on, God or Awareness Itself as being all that existence truly is. Then health, love, abundance, happiness present themselves to us as our objective sense, our daily purpose, and our fulfillment of being.

In human, material sense we can see only humanly and materially. At any degree of awareness, we can see and have only what we ourselves are being. So, when we believe the human being to be real itself, and when we be-

All Power Is in Spirit

The spirit of you and of every person and thing in your universe is the actuality of you and all.

All power is in spirit; no power is in mind, body or universe.

Think. . . . all power is in spirit.

What power are you seeking from God or truth? What power does it seem as if you need to heal your body or world, to have life, love, plenty, harmony, peace; to experience earth as it is in heaven?

You already have that power. It is spirit; and it is evident only as and from spirit.

Never again look to person, body, thing, condition, business, for power.

Power *is,* and is evident only as and from spirit.

Again, let us take these two statements deep into awareness to the point of realization:

"When you know yourselves, then you will be known, and you will understand that you are children of the living father. But if you do not

Only Believers Are Hindered

Awareness Itself, in and as one power, has no "other" power to resist or to hinder or to destroy the one.

Oneness does not have two; oneness is and has only itself, one.

Who are we who can be hindered?

Who are we who can resist truth or find something in us that resists truth?

Who are we who have a lack or limitation in truthful identity?

Who are we who have "otherness" in our minds, our bodies, our worlds; who suffer in fear and in pain; and who study so hard to "get" truth, to subdue bad and "gain" good?

Who are we who cannot see and have truth this instant?

Truth in all its forms and ways exists this instant and every instant. This is the reason truth is instantly apprehensible at our own level of awareness, whatever that level is. Therefore, who are we who cannot see truth, experience truth, have truth this and very in-

Voice is, and is the power of, the one power.

Communication is and is the power of the one power.

A glint in the eye is and is the power of the one power.

A smile is and is the power of the one power.

Breathing is and is the power of the one power.

Working is and is the power of the one power.

Meeting is and is the power of the one power.

Writing is and is the power of the one power.

Reading is and is the power of the one power.

Listening is and is the power of the one power.

All—no matter what we may believe it to be and how we describe it—is and is the power of the one power.

Inner Sense of Separation

All sense of separation and difference from God takes place within, not without.

Appearance does not cause a sense of separation from God; the sense of separation from God causes the appearance of separation and difference.

When we accept an appearance of disease, we are being the sense of separation that "causes" the appearance of a "real" state of health that is different from God in our experience, whether it be our "own" or "another's".

When we accept an appearance of lack or limitation, we are being the sense of separation that "causes" the appearance of a "real" lack or limitation in our experience.

When we accept an appearance of disharmony, hate, injustice, immorality or war, we are being the sense of separation that "causes" these appearances in our experience.

"If you do not know yourselves, then you dwell in poverty and it is you who are that poverty." (*The Gospel of Thomas,* Saying 3; Lambdin Translation)

MASTERY OF SELF *IS* MASTERY OF LIFE

PAUL F. GORMAN

Author of
The Miracle Self

out there. The only entity is God, consciousness, or Awareness Itself *in here* objectively sensed as "both" the inner and the outer. The infinity, omnipresence, omnipotence, omniscience and eternity of all that life is and has exist fully manifested, demonstrated, visible and tangible *in here.* "The kingdom of God [the totality of existence] is within you." (Luke 17:21)

Therefore, the mastering of all of existence is achieved in here. Mastery is always self-mastery, because the kingdom of God, the kingdom of consciousness, is already whole and complete, finished, perfect. So the mastery of life is the mastery of *self-realization.* Once true self is fully realized—once true identity is fully awakened to—life is mastered because *I* and life are one.

The Master describes it like this: "The kingdom is inside you and it is outside you. When you know yourselves, then you will be known and you will understand that you are the children of the living father. But if you do not know yourselves, then you dwell in poverty and you are poverty." (*Gospel of Thomas,* Saying 3)

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One-Minute God Experiences

Keeping Consciousness Open to the Presence of God

Paul F. Gorman

Author of

THE MIRACLE SELF

The self and world that we have believed to be real are unreal. They are unwittingly accepted collective belief about that which is *actual:* God. Because we have believed that which appears to be, our existence has been filled with a never-ending combination of opposites—good and bad. This is why good can and often does turn bad, and equally why bad can be turned to good.

One day or year can be filled with love, happiness, success, prosperity and security; the next can turn to aversion, unhappiness, failure, lack or insecurity. Then, by great mental and physical effort, we can solve the bad and again experience good. The cycle is endless, and the effort required to find solutions for every problem is ever more demanding and exhausting.

Every human being experiences this cycle, at least in some measure; and until our dissatisfaction, pain and suffering eventually drive us to God, we remain imprisoned with no real and lasting answers available. As we finally turn to God and discover that the root of all good and bad is belief, and that, because God is all, belief has no actuality, no law or principle to uphold it, we are close to freedom.

spite being aware that God is all? What is stopping us from standing upright and walking free this day? *Only continued belief prevents or delays us.*

As long as we continue to believe in the personal self with its mental mind, physical body and material world, we are living by belief instead of truth. It is not at all easy to break free of belief, to stop indulging in personal sense. However, the freedom of good—not only as the healing of any illness, disease, lack or limitation we may be experiencing today, but as the transformation of our entire lives—exists here and now, whole and complete, fully demonstrated and already manifested in and throughout our consciousness.

Is this not inspiration enough to begin to drop belief and turn to truth; inspiration enough to seek "the kingdom of God" instead of continuing to suffer the kingdom of belief?

Realize this: in the very place that seems, to belief, to be diseased, poor, unable or unsafe, actually right there health, wealth, harmony and safety exist. The problem, whatever its nature, is never what it seems to be, nor is it rooted in what seems to have caused it. All problems stem from the one root problem: the *belief of being different and separate from God.*

Only God is; only love, life, wholeness, harmony and abundance are. God exists as true being and formation, the one reality, visibility, tangibility, manifestation and demonstration. The only truth of life is God and that truth exists in perfect and real form in and as your consciousness. "I and the Father are one." God "and" consciousness "and" form are one, not different or separate.

This being true, the question arises, *how* do we evidence the truth of life? How do we experience the healing of problems? We have to know the *how* of the God

We have a *personal* body, with which we are either satisfied or dissatisfied. We are satisfied when the body is healthy, fit and strong, and because we're satisfied we do not seek truth. But when the body is sick, injured or old, we are dissatisfied and fearful, and we quickly get busy seeking healing, health and wholeness.

We believe we have *personal* dollars and personal means of making them. We intellectually know the truth of oneness (one substance, one form, one amount)—yet we continue to name and desire dollars and improved ways of making them. We continue to judge prices, respond to bargains, and make buying decisions based on price tags.

We intellectually understand that God, spirit, oneness is love, yet we continue to seek love from the outside world. We still expect cooperation from *human* relationships—from our employer or employees, our colleagues, from friends and neighbors. It is just as difficult to stop looking at humanity for love as it is to stop looking at dollars for wealth or the body for health. But we have to stop seeking "outer" love if we want true love, companionship and cooperation. We cannot continue to have God as love *and* look for love in or from human relationships.

We understand God as all, yet believe we own or rent a material home, in a structural neighborhood, populated with human beings, all with their own character and nature—some nice, some less nice; some quiet and considerate, some noisy and inconsiderate.

RELEASE APPEARANCE

If we are ready to lift out of the dark and limited belief in God "and," into the light and freedom of truth, and God (truth) are one. All the good that the world is and has is yours as you remain in conscious oneness with God, feeling God happening within you and "out" as your world.

When you are in conscious oneness, you are *one with* and *as* God (truth) *as* the entirety of your experience. Every person, animal, plant, thing, amount, place, activity and condition—everything everywhere—*is now God and God-like*. As you stay in oneness, you are one with and as all.

When you are in a state of conscious oneness you are in God consciousness. We can describe it in many different ways—you have "arrived"; you are at the place where God is right there sitting with you, right there being the very you you are. God is right there being your mind, your awareness, your senses and your sensed body and world. Your mind is full of and aware of oneness. You are thinking of oneness; you are thinking about spiritual things rather than material things.

You "look out" at your world, and you realize that the people, places and activities you observe are not different and separate entities, but are God, spirit, oneness appearing as forms of experience. You observe a multiplicity of formation, but you know that there is only one—one being, one mind, one body, one formation.

You may observe one dozen or one hundred multifaceted forms this hour, each one seemingly different and separate—people, animals, objects, amounts, colors, fragrances, sounds and places. But you know that all is one. In this way, you stay in conscious oneness in the world. You remain consciously aware that the multiplicity of sense is *oneness* appearing to be "many," different and separate; *one* experienced as many facets, but always and only *one*.

perienced in an infinite variety of form, activity, thing, amount, condition and place. The multitudinous race of people and universe of things are not what they seem to be, but are *the one* which is God.

All of existence, God, is one—infinite, omnipresent, omniscient and omnipotent. Each being and "part" of existence are not separate entities "within" the universe, but are each the infinity, omnipresence, omniscience and omnipotence of *one*. *All appears to be* finite, local, separate and a "part" of the universe but is actually the one and the whole.

All, despite appearance, is THE ONE—THE *infinity,* THE *omnipresence,* THE *omniscience and* THE *omnipotence that is God.*

One APPEARS TO BE *many, but never actually is, and never can be, many.*

One forever remains one, whole, indivisible, inseparable, unalterable and incorruptible.

Each being, mind, body, organ, function, object, amount, place, condition and activity is not what it seems to be but is the WHOLE *and* FULL EMBODIMENT *of God.*

God, therefore *all,* cannot be incomplete, separated, divided, limited, finite, in lack, isolated or alone. One is the one, omnipresent, self-complete, all-as-all, all-in-all and all-of-all.

How can *one,* being inseparable and indivisible all, lack any of its wholeness and completeness, or be limited in any way? How can *one,* being unalterably infinite and omnipresent "also be" finite and local? It cannot. The *one* that God is *is* the *all* that self-body-universe is.

spiritual awareness, and the fullness of it, I give unto you. My spiritual vision, my visibility, my tangibility I give unto you. But you must come to where I am, and that is a conscious state of oneness.

My peace, my oneness I give unto you. Only come to where I am—oneness.

GOD IS NOT A SERVANT

God, being principle (one) does not and cannot serve us. God is not an employee to whom we give orders and from whom we expect results.

God is God alone. Do not attempt to "use" God, "use" oneness, "use" spirit." Do not attempt to use the peace you feel filling you for human good or worldly gain, to use oneness to gain a "thing." Do not seek God for your or the world's purpose. Simply rest in the presence of God, in the presence of one (of I), in the presence of *is*. Rest in the presence of the only time that exists, which is now, this second. Rest in and as oneness, nowness, isness.

All that God is and has is experienced in the presence and peace of oneness which constitute harmonious, abundant and fulfilled experience. "I go before you to make the crooked places straight. . . . In my Father's house are many mansions. . . . I go to prepare a place for you." *I* prepares mansions of good, mansions of awareness, mansions of tangible experience; mansions of mind, mansions of life, mansions of bodily health, vitality and eternity, mansions of abundance, mansions of love and happiness, mansions of purpose and freedom.

Rest and relax in *I. Feel I* happening in and as and power that dissolves all discordant, disharmonious, diseased, lacking and limited sense-form.

Conscious oneness reveals itself as the truth of form just as easily as the light of the sun dissolves the dark of night. Conscious oneness *is* the one power and presence of God, the almighty.

When we step into and abide in conscious oneness, in "the Father," we *have* all the harmony that God is, and we have it *now*.

I is, and *I is* now. *I is* the truth and reality of you and of all, and is present and visible this minute, but realize that *I* and *is* and *now* are oneness. Rest in oneness. Rest in the one truth and then *let* and *behold.*

Let and behold; never concoct and make effort for. Rest and behold the presence and form of God. Rest and behold the presence of *one* become clearly visible and tangible to and as and for you *as* the whole of experience.

Simply know—restfully, peacefully and confidently know—that no matter what your world of good and bad looks like, it is the fullness of God. "The earth is full of the goodness of God"—full of the awareness of God, the visible, tangible, manifested and demonstrated good of God, the oneness of God.

Never take thought for your good; never make effort for your good. Simply come to oneness, and then rest and behold the miracle of God happening as and *for you.*

Earthly power, condition or circumstance, thing or activity has no power in the presence of the *one* power—oneness itself. Oneness (stillness, silence, beholding God taking place within) is greater than all in the world.

Keep this in mind moment by moment. C*onscious oneness* is greater than all in the world and quickly proves itself to be so. Just come to oneness, rest in oneness we discover that the body was not actually suffering from any sickness but the sickness of mis-identity.

MIS-IDENTITY = SUFFERING

Suffering of any category is mis-identity. Mis-identity, once realized, leads us, sometimes by force, to God, oneness. It is our pain and our suffering, our prodigal state of being, that stirs and drives us back home to *what* God is and to *where* God is, to what and where we and all truly are—a conscious state of oneness.

In and as and through the conscious state of oneness, our conscious*ness*—our "temple"—becomes *of* God. Our reality becomes the image and likeness of God (good without opposite) instead of the image and likeness of belief.

When we realize that our consciousness, our very being or presence itself (and everything observed throughout our life) is "the temple of the living God," and that the temple is *consciousness,* it quickly clicks within us that *conscious oneness* is the secret of tangibly experiencing the oneness that God is.

In conscious oneness we let the temple of our being reveal itself to us *as* the living God. God, alive in us, alive as our conscious oneness, makes its image and likeness visible and tangible to our senses. "We" do not do it; we cannot. But God *alive in us* does; God felt happening in us does.

When we're in truthful identity, when we are in conscious oneness, we rest and let God get on with being God, let the temple of the living God *be* the vitality, visibility and tangibility of itself—just as the sun is the light and warmth of itself throughout the universe.

We let God be and see for us, and even let God heal are and everything you do as God-form instead of belief-form.

Just one . . . just one.

This is the song I sing all day and all night.

Oneness is all; therefore oneness is who I am and what I have, my world and everything in it and of it.

Oneness is all; therefore oneness is all form and experience.

Oneness is the self I am, the mind and body I have, the world I experience.

Oneness is forever whole and complete, full of life and vitality, love and joy, abundance and fulfillment.

My conscious state of oneness IS *my fulfillment of all of self, body, and world.*

My conscious state of oneness IS *my conscious experience of God being all that is.*

many. Oneness *is,* and is the only *is*. The body is that.

FREELY RECEIVE YOUR HEALTH

If you can hear this, then no matter what state of health your body seems to be in at this moment, you can rest in oneness and discover its health.

Do not fall foul of the pairs of opposites and believe that poor physical health "needs God" but good health does not. This pairs-of-opposites belief about the state of the body is a dream state of existence. Whether the body is physically healthy or unhealthy, the realization of its being spiritual lifts it from belief (the pairs of opposites) into truth (health *without* opposite).

If we can ignore its apparent healthy or unhealthy physical state and realize that the *true* body is a conscious state of oneness, then we will go to oneness, abide and rest in oneness, and let oneness reveal to us, fill our senses with, fill our experience full of itself—the living God, the living truth; the living life, the living body. Very quickly then we discover that our body is not only healed but is stronger, more youthful, vital, beautiful, and eternal.

But we must stop seeking and expecting or even hoping for a physical transformation. Stop it—the physical does not exist in God. The physical is merely sense. If we carry on believing the physical, we fall right into that statement that tells us, Ye ask [seek], and receive not, because ye ask amiss. Why or how do we seek amiss? Because we are seeking *physical* healing or transformation.

In the same way, the spiritual mind is not buried deep within our "mental" mind, unobtainable except to the spiritual few, leaving the rest of us struggling for

Rest, relax, and feel *your temple—your whole self and all that self includes—filled with God.*

Feel God dwelling throughout your consciousness, throughout your temple, throughout the entirety of your tangible experience.

Feel God dwelling in and throughout your being and your world. Feel God being all. Let go of all belief in an inner versus and outer, an ethereal versus a structural, an incorporeal versus a corporeal. Feel the oneness of truth.

Feel God dwelling in you, animating you. Feel God being your God, your truth, your savior, your healer, your safety and protection. Feel God being the light of truth, the infinity, omniscience and omnipotence of your mind, body and of every worldly form.

Feel God being you, filling you, being all things, activity and function of your existence; BEING ITS *image and likeness as all form, all being, all amount, all circumstance, all place and condition* FOR YOU *as you simply rest and relax in a conscious state of oneness,* BEHOLDING *all that God is and has happening throughout your universe.*

You do not expect spiritual experience to transform or heal "physical" discord. You do not expect the experience of the spiritual body to heal a "physical body" or "physical illness or disease." You do not expect to heal a sick or broken "physical" body, an aged or decrepit "physical" body. You have awakened sufficiently and expect the experience of the spiritual body to dissipate the physical *sense* (belief) of reality, to reveal the spiritual as the one reality.

amiss, seeking amiss, hoping amiss, and even resting amiss. “Ye ask, and receive not, because ye ask amiss.”

To paraphrase: Ye seek, meditate and sit in silence, and receive not, because ye seek, meditate and sit in silence amiss. This is the only reason we do not experience our health, our wealth, our harmony, our peace, our loving relationship, our joy, our freedom.

But as we know that God is all (and that the experience of God is the experience of conscious oneness) and we are satisfied with the peace of oneness filling our senses “within” and “without,” we discover our life filled with the abundant forms of wealth, opportunity and successful activity.

As we know that wealth in all its form—make sure you hear the singular: wealth in all its *form,* infinite and omnipresent—is oneness itself, spirit itself, and that none “else” is; and as we lift into oneness, sit in oneness, and *there* rest and relax, and behold oneness happening as and throughout us; and as we realize that that “happening” *is* the infinity of wealth in all its form, tangibly experienced, we are fulfilled. Our “demonstration” is complete. We have received our wealth. Our entire universe is full of the presence and activity of wealth.

There is no “other” activity, form or presence of wealth; nothing “else” has to happen; there isn’t an “outer” which an “inner” has to influence and fulfill as “matter,” something God is not. Wealth is one, and *has been fully evidenced* the moment oneness is felt happening. Just do not make “two” of it. Do not make an “outer” different from an “inner.” Make the fulfillment of oneness your all-of-all.

Realize that staying in oneness, never hoping for material wealth (because there is not any) but seeking only the awareness of the infinite and omnipresent spiritual sults. There is no truth to these appearances. Only oneness is; therefore only oneness is true. Oneness itself is the wealth of all form—the infinite and omnipresent wealth, the *only* real and practical wealth.

THE IMAGE OF WEALTH

There is no form but the *one*. Oneness itself is all form. What appears as a dollar is not an entity in and of its own self but an image. What the image truly is is the infinity and omnipresence of the one form. When we realize this and live by it instead of by appearance, we find ourselves with an unconditional abundance of wealthy and prosperous form fulfilling every day, demand, and circumstance. But if we believe dollars or other forms of abundance to be real in and of their own selves, we block from our sense the infinity and omnipresence of the one form which *is,* and fills every nook and cranny of our world. "The earth is full of the goodness of God."

Even though all around us exists limitless and unconditional wealth in actual form, we cannot see it. We throw a cloud over the perfectly visible and tangible abundance that fills our world. But when we know and expect only the one form of wealth fulfillment, we very quickly *have* an overflowing sufficiency of dollars and all other forms of prosperity fulfilling our every step.

LOVE AND RELATIONSHIP

The discovery of our fulfilling love and relationship, family, companion, colleague and neighbor is the discovery of God, oneness, spirit itself being all that love is. To discover the truth of individual being, the truth

One

PAUL F. GORMAN

Author of The Miracle Self, The Impersonal Self, and Spiritual Healing of The Mind And Body

Releasing the Universe Within

Lifting Awareness into the Realm of *I AM*

PAUL F. GORMAN

Author of *The Miracle Self*
and *I Am NOW (A Meditation)*

Releasing the Universe Within: Lifting Awareness into the Realm of I AM

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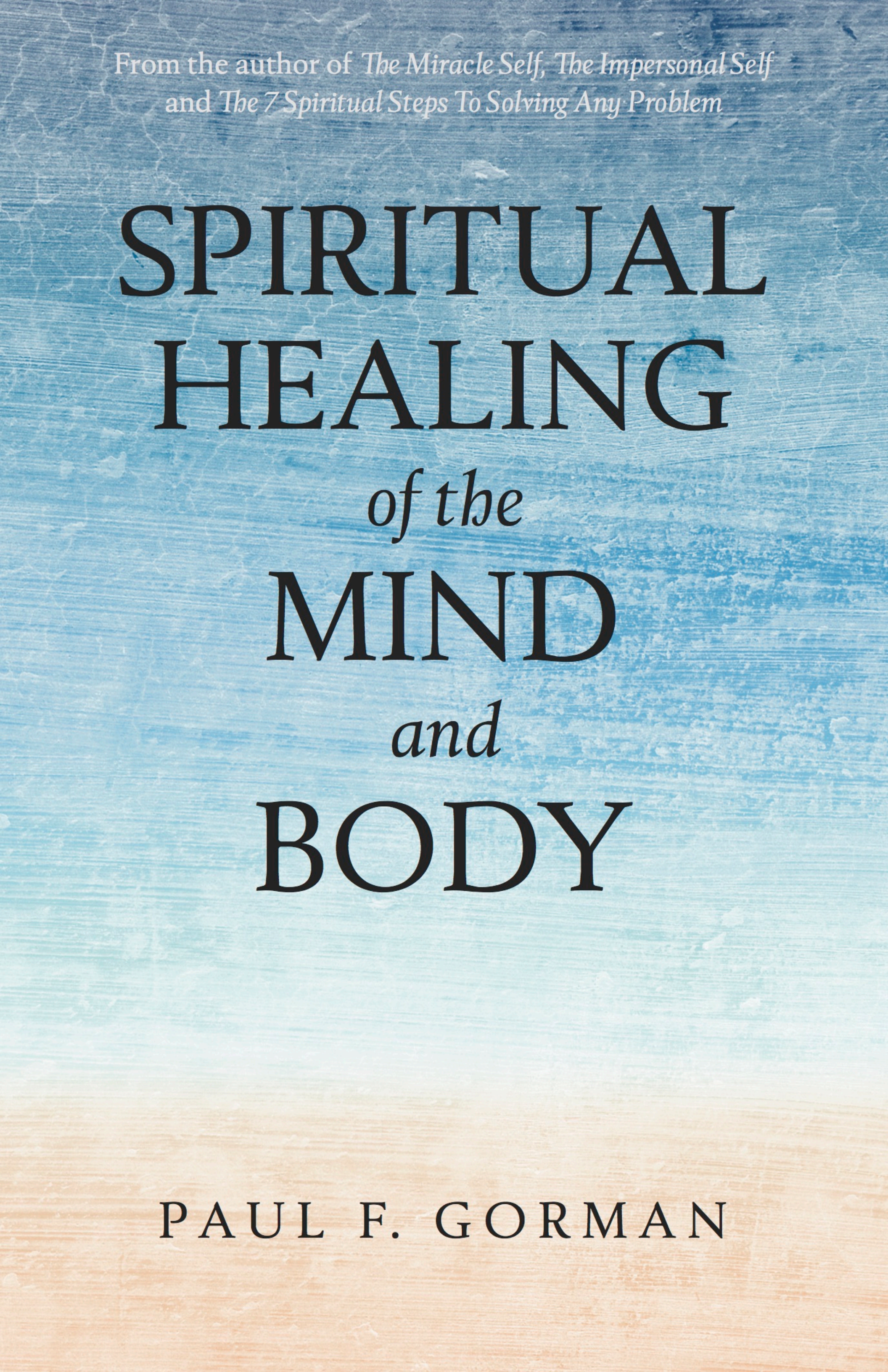

From the author of *The Miracle Self, The Impersonal Self*
and *The 7 Spiritual Steps To Solving Any Problem*

SPIRITUAL HEALING *of the* MIND *and* BODY

PAUL F. GORMAN

ber, no place, no locality, no name. Nothing other than God, *oneness* exists. Therefore nothing but oneness is detectable, present, and experienceable in God, in oneness, in consciousness.

Because God is consciousness, and consciousness is one—the oneness of existence—your consciousness is the *one* consciousness. Consciousness embodies the whole of God at every point of itself at the same time. Therefore, you embody the whole of God at every point of your consciousness at the same time. Why is this true? Because God, the infinite omnipresence, exists at every place of itself at the same time. The whole of God, the whole of the infinite, the whole of omnipresence exists at every point of itself at the same time. And God, the infinite, the omnipresent, is *consciousness*. Therefore, consciousness embodies God, *is* God, at every point of itself simultaneously. The whole of God exists simultaneously at and as every point of consciousness. Nothing is separate or apart from you in truth; nothing is different from you because "you" are that one presence, that one being and mind which is consciousness itself. There is none "else." There is not, and indeed cannot be, any "other" being, mind, body, thing, place or condition in oneness, in God. How could there be? All is God, oneness, omnipresence—all, all, all!—and God cannot finitize or localize or personalize itself.

God is one and omnipresent. God is consciousness, consciousness is God, consciousness is *one,* consciousness is omnipresent *all.* Therefore, wherever you place your awareness in the infinitude of consciousness, there is the whole of God, the whole of omnipresence, fully existent, fully perfect—*the one, the only* fully whole and complete.

Oneness *is* consciousness. Oneness is and has all that consciousness is and has, fully existent as itself alone, fully whole and perfect at every point or place of itself simultaneously.

Oneness is consciousness; consciousness is oneness. Therefore, *consciousness* is the only body, *oneness* is the only body. Your body is the body of *consciousness,* the body of *oneness,* the body of *om-*

Whatever I observe throughout my body of consciousness, and whatever the subject or object appears to be—this physical body of flesh, bones, blood, organs and functions; another human or animal body; a house, a garden, tree, or flower, a fluffy white cloud floating in a blue sky or an angry grey cloud threatening in a dark sky; a road, automobile, gas station or store; a table, chair, lamp, book or the words in the book—it is all actually, despite appearance, God or consciousness.

All is consciousness, and because I observe or experience it, I observe and experience "my" consciousness. And because consciousness is body, I am forever observing and experiencing aspects, forms, activities, amounts, places and conditions of my very own body—the one body individually experienced as "mine."

In this way, you understand that all is consciousness, and because consciousness is God, you experience *God* everywhere as *all* because there is nothing but God.

God is consciousness; and because God is all, I am consciousness; and all "in" my consciousness is itself consciousness.

Consciousness is one and omnipresent; therefore, everything everywhere that I observe, and everything I experience, is the oneness and omnipresence of consciousness, God.

Because I am consciousness, and because consciousness is the only presence and form—that presence and form being omnipresent, not locally or personally present—my body is the omnipresence of consciousness, not the seeming local and personal presence of a physical form.

The physical sense of body exists in me (in my consciousness) just as everything else in my experience exists in me. I do not exist in the physical sense of body, nor does everything of my multitudinous experience exist outside of or separate from me. I am consciousness; my true body is the entirety of my consciousness in and as which all exists.

The whole of God (infinity and omnipresence) exists in and as my consciousness. This knowledge is the secret of all in my experience—including organs and functions, its flesh, bones and blood—from everything going on in and as the describable body, that which is termed the "physical."

A DISCLAIMER

We should give a disclaimer at this point, as we always need to do: please—I mean this with all sincerity and seriousness—only act and rely on spiritual awareness when you are ready and comfortable to do so. Do not make a decision about what type of attention or aid your body needs based on what I or any other practitioners or teachers say. Make spiritual decisions regarding the body only when you yourself *feel* the spiritual strength and readiness to do so. Never attempt to withdraw from maintaining or sustaining the physical sense by physical means until you have conviction about the spiritual body. Only when you feel strong in spirit, and feel the dissolving of the belief that the "physical" body has reality, are you ready to make the transition from physical aid to spiritual healing.

If you are not yet feeling ready, it does not matter. Continue to use any aid—from a simple band-aid or lotion, to medicine, or even to surgery, if you need it or feel more comfortable and safe having it. Please understand this and hear it deeply and seriously. It is simply not necessary, nor wise, to step out of your comfort zone and risk your current experience of life and health, until you feel truly ready to do so. Until that time of realization, there is no harm done to your spiritual awakening. Continue to rely on materia medica. You are not holding yourself back by using medical aid until you are spiritually stronger, anymore than a child is held back by having her parent steady and protect her from falling as she learns to ride her bicycle.

The way into spiritual readiness is to realize that no matter what any needed aid or procedure appears to be, it is *actually spirit* because there is nothing but spirit.

WHERE GOD IS

We have heard that the only way to experience God—our truth, our harmony, our freedom in all of life's experience—is to rise up into God consciousness. We understand that we cannot bring God "down" to materiality; we cannot bring the infinite "down" or "into" the finite, the incorporeal "down" or "into" the corporeal, spirit "down" or "into" matter. Belief that the corporeal, mental, physical, material experience is real in and of its own self is just *belief,* not reality. It is *belief about* that which is actually one hundred percent God-spirit-truth, and belief can never evidence truth. We have to lift our senses away from belief into *God itself*. This is the great key. When we have it, we have found the straight and narrow way, and we are walking right into the experience of our healed and renewed body.

Always remember, truth cannot "come to us." Is it logical to you that we cannot bring infinity and omnipresence "down" or "into" finiteness and local presence—especially as all finite and local experience is only of *belief*? How can that which is real be evident as that which is false? To expect God, which is true, to heal belief-forms which are untrue is like expecting math to heal 2 x 2 = 3. Math cannot do that; math can only *be* 2 x 2 = 4. Never again hope or expect spirit to become evident as matter—healed and healthy matter. Matter is nothing but *belief about* spirit. God consciousness *dispels* material belief leaving just God experience—God being, God mind and God formation (body or embodiment).

The entire secret of spiritual living—harmony throughout mind, body, relationship, place, amount, condition and activity—is to rise to where *it tangibly exists*. We must go to where God is; we cannot get God to come to where "we" are. All the health, harmony, peace and plenty of God (truth) already exists as perfectly tangible, visible and real formation this minute, but we cannot see it if we believe the forms of experience to be entities in and of their own

The peak is pure consciousness aware of itself as the infinity, omnipresence and eternity of individual being and formation—pure consciousness forever being the "image and likeness" of itself alone as all being, mind, body and universe. Here, all of existence, all being and body—you, me and everything everywhere—is the being and body of pure consciousness, individual yet eternally *one* as and with all "else."

As the cone descends towards the base, imagine each "lower" degree containing more objectivity. At the peak there is no objectivity, no thing, no place, no condition, no amount, no activity. All is one and omnipresent, pure I as or being all. As we slide down the degrees of awareness, each successive degree contains more *objective* experience—from infinitesimal objectivity in the first degree, to a multiplicity of objectivity at the base.

However, each and every degree of awareness is nothing but the fullness of God and nothing else. Whether we live at the apex or the very base degree of objective awareness, we are, our mind and body are, and our world and universe and everything everywhere in it and of it are one—God and nothing but God. This is the great key to understanding experience, to understanding "this" or any "world," the "healing consciousness" that Gautama the Buddha, Jesus the Christ and every spiritual master discovers. "The earth [awareness, experience] is full of the goodness of God. . . . The earth is the Lord's, and the fullness thereof. . . . Holy is the Lord of hosts: the whole earth is full of his glory."

So far so good. But this leaves a burning question. Why, if every degree of experience (earth) is itself God, and is full of the goodness of God, do we have the experience of both good and bad? Why do we experience an infinite variety and degree of pairs of opposites? The answer is *belief.*

The moment we inject *belief* into experience (the world) we have God *and.* Belief is the *and.* We add an *opinion* about him, her or it; we add *judgment;* we hold an *idea* about our world or a person, because God is the only presence, the only power, the only faculty. And because mind is form, form is not changed God, a substance different from God. Form is God because mind, which is form, is God. Nothing can change God! Our universe of experience—of being, mind, body, world and universe of formation—is simply *corporeally sensed* incorporeality.

Right here, in this understanding, is complete and spontaneous freedom of being if you can hear truth, and feel it, and live it, and begin to let it live you. Everything of our "humanity" and "physical" world and universe is simply corporeal sense of that which is one hundred percent incorporeal, spirit. As soon as we know this truth—really know it and begin to feel and live it—it becomes tangibly evident as the formation of our being, mind, body and world. It becomes our reality in the most palpable and practical way. We experience God as form rather than belief as form. God, spirit and truth become perfectly visible and tangible as experience because we now know that all of mind formation *is God* and nothing else or less or different.

Everything everywhere is God, therefore pure and perfect, whole and complete no matter what we may believe about it. All *is* life, *is* love, *is* whole and harmonious, complete and fulfilled. Nothing we do or fail to do, know or fail to know affects God in the slightest. God *is,* and God is all there is, and that *is* is in perfect and harmonious order now and eternally. Therefore, everything everywhere of experience, no matter what we may believe, is God, pure and perfect. It is when we *know this truth* and begin to ignore and drop belief about experience that we begin to witness God as all.

God or consciousness is the substance and formation—the very substance and body—of all. The substance that is God—the presence, the alive "stuff" of experience—is consciousness. Consciousness is awareness, beingness—your very beingness, your very presence, your very substance and form, your very aliveness and that of all. Feel the presence of you. Become aware of and *feel* the a whole ever needs to do. Spiritualizing awareness is the one, spontaneous and permanent solution to every ill, to all of life's discords and disharmonies, to every category of pain, suffering and inequality. The one truth, the one reality and therefore the one solution is God awareness and God living—"earth as it is in heaven."

God is visible and tangible as and to itself alone. The miracle of truth becomes perfectly visible, tangible and real as we fill our whole being full of God-awareness, the light of spirit and truth, and then live as the consciousness of truth.

I will no longer allow myself to be fooled by belief, by anything that appears to be not-God, finite, local, variable and temporal. I will no longer be fooled by anything that appears to be either good of its own self or bad of its own self, appears to be an entity different from or separate from God.

I now know that anything of experience in and of its own self is unreal. It is a lie of belief. It is suggestion. I know that belief hypnotizes the senses, causes misperception—a mesmerized, untrue sense of experience.

I know that, despite appearance, only God is; therefore only God is mind and formation. The forms of false sense are not entities, not real. They have no law or principle to support their existence in my experience. They have no power, no presence and no body of existence. They are false images alone—nothingness—and I know that as soon as the light of truth touches them, they dissolve into the nothingness they are to reveal truthful, God (good, whole and harmonious) formation.

This very second and eternally God alone is. God is life alone; God is good alone; God is plenty alone; God is love alone. Therefore, everything everywhere—despite the way it appears to be or act, its measure or amount, it nature, character or condition—is God, good, infinity, omnipresence, life, love and fulfillment of being. Everything everywhere is full of the goodness of God, full of oneness, infinity and omnipresence, full of eternity, happiness and purpose.

As I rise in the awareness of this one truth, my senses are being filled-full with the light of spirit, and I can begin to see clearly. I discover myself

Our world and worldly experience seem to be, and seem to act as, matter only because we have believed them to be. We have lost our God awareness. We accept (believe) our selves, our mind, body and world (and everything happening in it) all at face value. We believe that which appears as our formed experience (including the form we are) to be real of its own self, instead of realizing that God is all, and that the objective experience we name "us and our world" is simply mind-formation of God. God never changes, nor can it ever—including as form. Only belief believes form to be something less than and different from God. But belief is not truth. All is one, and that one is God and God alone. "I am the Lord, and there is none else; there is no God besides me."

All is one—infinity, omnipresence and eternity itself, incapable of being anything different or other than itself even in temporary experience. Even this experience we call "human" actually isn't human at all but is the very infinity of being, mind, body, thing, place, condition and activity itself. It is the whole of God in experience; it is eternity itself, omnipresence itself simply sensed as corporeal, finite, objectified, separate, local and temporal. But sense in and of its own self is not reality. Sense alone is never what it seems to be. Without exception, everything sensed is actually the one infinity and omnipresence of God fully manifested as all. And because God is finished (forever manifested and demonstrated, visible and tangible), all of experience (each and every being, form, place, activity and condition) is equally the one infinity and omnipresence of God fully present as all—forever manifested and demonstrated, visible and tangible.

How is God witnessed as all? *Only God consciousness sees (experiences) God being and form.* It is only as we attune *our* awareness, *our* sense of self, body and world to God itself that we begin to experience that which is. The whole of God is already and fully available as every form and amount of experience, but we believe God isn't. When we realize the one truth of God as all, and then attune and harmonious being, body and world.

"Whereas I was blind, now I see."

Realize that God is, this second and eternally, fully present, fully whole and complete, and fully formed as everything everywhere throughout infinity. There is no such thing as "unformed" God, absent or invisible or intangible or incomplete God, no matter where we find ourselves or what *seems* to be. God is *the one and the only* existence—finished and omnipresent as all, and fully visibly so. There is no "inner" versus "outer" in omnipresence; there is no esoteric versus exoteric, no hidden versus revealed, no here versus there, no within versus without in omnipresence. God is *one,* existing as the whole of itself at and as each point of experience. All mind form is God-form, and as we are filled with God-sense and devoid of belief, we clearly see and *have* God form as the reality of our being, body and world.

Everything everywhere is the fullness of God, therefore the fullness of life, love and harmony, oneness, union, companionship and divine purpose. All is the one (harmonious, perfectly balanced and ordered), working in experience as the one synchronistic whole. All is omnipresent, infinite and perfect God—good without opposite. And that perfect God-good is fully present and real throughout infinity as you and all in your consciousness. In other words, every person, thing, activity, amount, place and condition throughout your universe is fully and already present and tangible as God-good and none else. *Seeing it as it truly is* is the only need.

NO LACK, LIMITATION OR DELAY

There is no lack, no limitation, no delay. God (therefore all good) *is.* This very moment and eternally the whole of God is fully present, fully manifested and already demonstrated at every point throughout infinity at the same time.

It is only by the degree that we do *not* know this truth and fail freedom of one being, one mind, one body and one harmonious and divinely purposeful world. The collective spiritualization of being taking place around the globe is a wonder to behold.

I wish to be aware of the one reality alone: God*, omnipresence. I wish to understand the truth and reality of omnipresence being the one and only presence no matter how it appears to be to sense. I wish to seek the kingdom of truth alone—the kingdom of* God*, the kingdom of the omnipresence of spirit alone.*

I wish to ever more fully know, understand and rest in the truth that God *is all, and that, despite appearance, there is none else. I wish to ever more deeply know and rely on the one truth that* God*, being all, is the unconditional omnipresence and infinity of all in my experience, that there is none but life, love, harmony, peace and fulfillment of being, body and world.*

I wish to ever more continually seek God*, spirit and truth alone. I wish to stop seeking that which appears to be needed or desired—that which is personal, local, objective, finite and temporary—and to seek that which all actually is:* God*, spirit and truth.*

By seeking God *as all, rather than that which seems to be all, I seek aright and thereby witness the omnipresent life, love, abundance, harmony and freedom that all truly is.*

If we wish to evidence the wholeness and harmony of form where, to personal and local sense, form seems to be discordant, diseased or lacking, we must first realize that what we are witnessing is just an image of belief, a false image or form, because we have unwittingly taken on a collective belief, and because all belief has form in our experience, here it is presenting itself to us. It appears to have reality, and to the believer it is real. But to spiritual awareness it is nothing but false imagery, without power, substance, law or principle to sustain itself in experience.

Anything appearing to be local, personal or finite is false imagery, false sense, with no actual reality to it whatsoever. It is belief

The Great Need

(Along with Knowing God)

PAUL F. GORMAN

Author of
The Miracle Self